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HELLO

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ROYAL
EXCLUSIVE



'It is important
to me to know
that she [Diana]
is a part of this
with us'

WHY SIGNS
SUGGEST BABY
SUSSEX WILL
BE A GIRL
CALLED
DIANA

MEGHAN'S BIG DECISION

AS SHE MOVES INTO
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FIRST PREGNANCY
SHOOT AND INTERVIEW

MYLEENE
KLASS
ON HER
UNEXPECTED
BABY JOY
AT 40 AND
FINDING
LOVE
AGAIN

'It's the icing
on the cake'



CHILDHOOD MEMORIES

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FAMILY
PLANS
ON A FUN
DAY OUT
WITH THE
SCOUTS



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#HelloToKindness



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AMY'S DRESS: DOLCE & GABBANA. SHOES: AQUAZZURA. GEORGE'S SHIRT: SANDRO. TROUSERS: RALPH LAUREN. SHOES: SUITSUPPLY

Her 15-week baby bump starting to peek through her clothes, Amy joins fiancé and dad-to-be George to welcome HELLO! to their chic London home

'We're happy together, we have a beautiful home and we're excited to be a mum and dad'



A series of Picassos fills the wall behind the sofa in the stylish living room, part of George's growing art collection from the Maddox Gallery in London, which also supplied the Mr Brainwash work on the wall to the right

THRILLED TO BE EXPECTING A BABY, BOLLYWOOD STAR AMY JACKSON INVITES US INTO THE CHIC LONDON HOME SHE SHARES WITH FIANCE GEORGE PANAYIOTOU AND TALKS PREGNANCY AND WEDDING PLANS

It has been quite a year for Amy Jackson – and it's still only April. It began with a romantic marriage proposal from her property developer fiancé George Panayiotou; just weeks later the 27-year-old British actress discovered she was expecting their first child.

"It was totally unplanned," Amy, who is 15 weeks pregnant, tells **HELLO!** in our exclusive photoshoot and interview. "We had no idea."

We are sitting in the large, open-space living

room of the ultra-modern, chic house in London the Bollywood star has shared with George, 31, since September.

From the gym and swimming pool to the mirrored staircase, glass roof and hot tub on the terrace, there's more than a touch of James Bond about the luxury five-bedroom property.

George's collection of modern art hangs on the walls (he's also a collector of cars and watches) and Amy's walk-in wardrobe features an impressive

display of handbags. "Roam as if it's your own," she tells us cheerfully.

A star of US TV series *Supergirl* as well as 16 Bollywood blockbusters, including the cult hit *2.0*, the biggest-budget Indian film ever made, Amy is a superstar in India, where she has worked in the film industry since she was 17.

Born on the Isle of Man and brought up in Liverpool, she has spent the last ten years flying from Merseyside to Mumbai and is used

'We know each other pretty well – the good, the bad, the ugly and everything in between'



An Andy Warhol portrait of the Queen takes pride of place over a modern dining setting in the 53ft “super-room” that is perfect for open-plan family living (above). Features include high ceilings, mood lighting and a floating wall with its own light system, as well as the state-of-the-art kitchen with high gloss lacquer cupboard doors with brushed aluminium and brasilica timber and an island with space for ten people (below)



to feeling permanently jet-lagged. But when tiredness gave way to random emotional explosions recently, she knew something was up.

“I’d have tearful outbursts, about anything,” she says. “If somebody said something I thought was a bit off, I’d cry. I’m usually as tough as nails.”

She was with her mum Rita when she took a home pregnancy test. “Mum said: ‘Come on, let’s go and tell George,’ so we drove to the West End to find him.”

George was having a suit fitted with his tailor. “They came in and Amy’s mum had a look on her face,” he says. “Within about five seconds, I guessed. Even now it’s still a bit surreal. But I’ve always loved kids so I was very happy.”

Amy adds: “We’re at that stage where we’re definitely ready for it. I don’t think you can ever plan something perfectly, but we’re in such a good place.

“We’re happy together, we have a beautiful home and we’re excited to be a mum and dad.”

DADDY’S BOY

While they have had scans at six, eight and 12 weeks, it’s too early to find out the sex of their baby, which is due in September.

George, however, is holding out for a boy and has even thought of the name: Andreas, after his business tycoon father. “But I like a bit of a surprise,” says Amy, smiling.

The actress hopes to be a hands-on mum, like her

AMY’S OUTFIT: CARMEN MARCH. SHOES: SOPHIA WEBSTER. GEORGE’S SHIRT: ALL SAINTS. TROUSERS: GIVENCHY. SHOES: LANVIN





Amy tenderly touches her bump as she and George pose in the main reception area. The couple have been living in the five-bedroom 7 house since September after beginning their romance in 2015



Baby blue: Amy on the striking bespoke staircase, featuring timber treads and a glass balustrade. The glass roof above lets natural light flood into the house

AMY'S DRESS: DAVID KOMA. SHOES: SERGIO ROSSI. (ABOVE RIGHT) AMY'S OUTFIT: THE FRANKIE SHOP. GEORGE'S TOP & JACKET: ZARA. JEANS: ALL SAINTS



own, who accompanied Amy to India when her life changed forever after being spotted by an Indian film producer.

Amy had taken part in the Miss Teen World beauty pageant when he invited her to audition for a film. She got the part and Rita has been a huge support ever since.

"She's the best mum in the world," Amy says. "I can speak to her about anything. It's important to have that trust and friendship, to not just be a parent but also a confidante. That's how I want to be with my little one."

CLOSER THAN EVER

Being pregnant has deepened her relationship with George. "We know each other pretty well – the good, the bad, the ugly and everything in between," laughs Amy. "We were inseparable before, but this is a different closeness."

The couple met in 2015, after being introduced by friends, but have been "on and off" over the years as work commitments and long distances kept them apart.

"But whatever happened along the way, we always found our way back and this last year has been a good, solid year," says Amy, who is open and warm, while her fiancé is more reserved.

"I was madly in love and always have been. I'm a hopeless romantic and wear my heart on my sleeve so I knew we'd be here one day," ►



'I can speak to my mum about anything. That's how I want to be with my little one'

The couple cosy up together on their classic, contemporary sofa, surrounded by a stunning feature wall (below) filled with film images George picked up in London's Camden Market





'It's important to have your own career and identity, but it's nice to have this time to think about what's next'

George gently cuddles his fiancée's baby bump – which he hopes holds a son who he can name Andreas, after his father. "It's still a bit surreal," he says of the thought of becoming a father. "But I've always loved kids so I was very happy"

she says, giving George a nudge. Had she kissed a lot of frogs? "No, but I just know a good man when I see one."

George proposed while they were on safari in Zambia on New Year's Eve – and Amy shared the news with her 6.8 million Instagram followers. He had planned to pop the question the following day but couldn't bear the suspense – or the responsibility of carrying a cushion cut, 7.5 carat diamond ring in his pocket on safari any longer.

So, during dinner on a pontoon on the Zambezi, he went down on one knee. "I knew I was acting weird but I couldn't stop it," he says. "It was like an awkward first date. I kept saying things like: 'Are you enjoying your holiday? Do you like it here?'"

"When the soup came out he was like: 'I can't handle this any more,'" says Amy.

She did have an inkling, she says: "My mum kept calling me and saying: 'Anything happen today? Have you got your nails done?' I was like: 'I don't need my nails doing – I'm on safari.'"

Their wedding is planned for August 2020. They have still to decide on the location – at the moment, it's between a Greek island and the Amalfi coast – and they'd like a small, intimate ceremony, despite having ten bridesmaids (including Amy's school friends from Liverpool) and three best men.

In the meantime, Amy is putting work on hold during her pregnancy, although she says she is finding it "a bit weird" to stop.

Her extraordinary ten-year career, she says, "feels like a whirlwind."

With no previous acting or dance experience or knowledge of the language (she now can speak Hindi and is comfortable with a script in Tamil), she found herself on her 17th birthday on the set of the drama *Madrasapattinam*.

When she was first offered a part, her reaction was: "Why not?" she says, adding: "I like to take risks and I like every day to be different – and this was definitely different."

"Her work ethic is unmatched," says George, proudly. "She's very driven but more importantly, she's very likeable. Fame has never gone to her head. She's still super down-to-earth."



The Connor Brothers' *If It's Not Weird I'm Not Interested* hangs in the master bedroom (left), which comes complete with a private terrace featuring its own hot tub. Amy's walk-in wardrobe features an impressive collection of shoes (below) and handbags (right)





'Going to India has moulded me into the person I am today. I feel I can handle anything'

It must have taken some confidence for the teenager to leave school and up sticks to Chennai in Tamil Nadu.

But Amy insists she was anything but. "I appeared to be confident but when I was on set, I was dying inside and so embarrassed," she tells us.

"The thought of hundreds of people watching me was overwhelming but I had to do it.

"Being in India was a shock as well as I'd never been out of Europe before. But the culture was beautiful and I was obsessed with the food and the way of life.

"Having that experience has moulded me into the person I am today. I feel I can handle anything."

FORWARD PLANNING

Supergirl was a stepping stone into US TV and Amy is now keen to make her mark in Hollywood as well as Bollywood.

She intends to balance motherhood with her career, but her priority for now is the baby.

"It's important to have your own career and identity, but it's nice to have this time to think about what's next," she says.

"I've always gone from one film to the next so I'm using this as a bit of respite – for now."

H

INTERVIEW: ROSALIND POWELL
PHOTOS: JOEL ANDERSON

STYLING: KIRSTY STEWART AT
THE ONLY AGENCY

MAKE-UP: NIKKI WOLFE AT M+A GROUP
HAIR: LUKE BENSON AT FRANK AGENCY
USING GHD AND COLOUR WOW

ADDITIONAL PHOTO: ALLSTAR. AMY'S TOP & JEANS: TOTEME. BOOTS: NAKED VICE. JEWELLERY: JANE KOENIG

Amy kicks back with pet poodle Herbert in the landscaped gardens, which offer views over both the rolling countryside and London; and 12 (right) with Akshay Kumar for the hit Bollywood film *Singh is Bling*



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IN HONOUR OF HER 29TH BIRTHDAY PRINCESS EUGENIE LOOKS RADIANT AS DESIGNER ZAC POSEN SHARES A SWEET MEMORY OF HER WEDDING DAY



Designer Zac Posen marked Princess Eugenie's 29th birthday last week by sharing a touching behind-the-scenes snap of them together on her wedding day.

The American couturier is seen kneeling behind the royal bride and holding the sheer train of the stunning blush-pink silk gown he created for her evening reception.

"This last year I got to know a young lady who possessed natural elegance, a heart of gold and sophisticated humour," Zac captioned the Instagram picture. "My studio and I had the honour (and the best time) collaborating with her on her special gown. Best of all she is dedicated to using her privilege to help our world and its people with her project @the_anti_slavery_collective. Happy birthday!"

Eugenie posted her own photo of her and groom Jack Brooksbank, saying: "My 28th year was the best one yet. Now to being 29...Thank you for all the birthday wishes."

The Duke of York's youngest daughter married drinks executive Jack at St George's Chapel, Windsor, in October, watched by members of the royal family and a host of celebrity friends, including Hollywood stars, singers and models. For the ceremony she wore an ivory Peter Pilotto dress then changed into Zac's gown for the reception, which was hosted by her parents Prince Andrew and Sarah, Duchess of York at their home Royal Lodge in Windsor Great Park.

Zac, whose celebrity clients include Jennifer Lopez, Beyoncé, Rihanna, Cameron Diaz and Kate Winslet, drew inspiration from the countryside around Windsor, including the "blush of an English rose", to create Eugenie's evening gown, which features a nipped-in waist, draped shoulders and button detail at the back.

Both wedding dresses are on display at Windsor Castle until 22 April.

REPORT: TRACY SCHAEVERIEN



Eugenie enters her evening reception with new husband Jack Brooksbank in the gown designed by Zac (above, arranging the train in the image he posted on Instagram last week)

**GALLIVANTING
AT GATCOMBE**

MIA TINDALL

**SPIRITED YOUNG
ROYAL HORSES
AROUND WITH
HER FAVOURITE
PLAYMATES**



16 Field of play: Mia is on the move at Gatcombe Park, her grandmother the Princess Royal's country estate, where mum Zara was in action on Class Affair (above right)

With mum Zara competing, Mia enjoyed some horseplay of her own

Just a week after little Lena Tindall was christened in the presence of her great-grandmother the Queen and the Duke and Duchess of Sussex, her big sister Mia delighted in another family get-together.

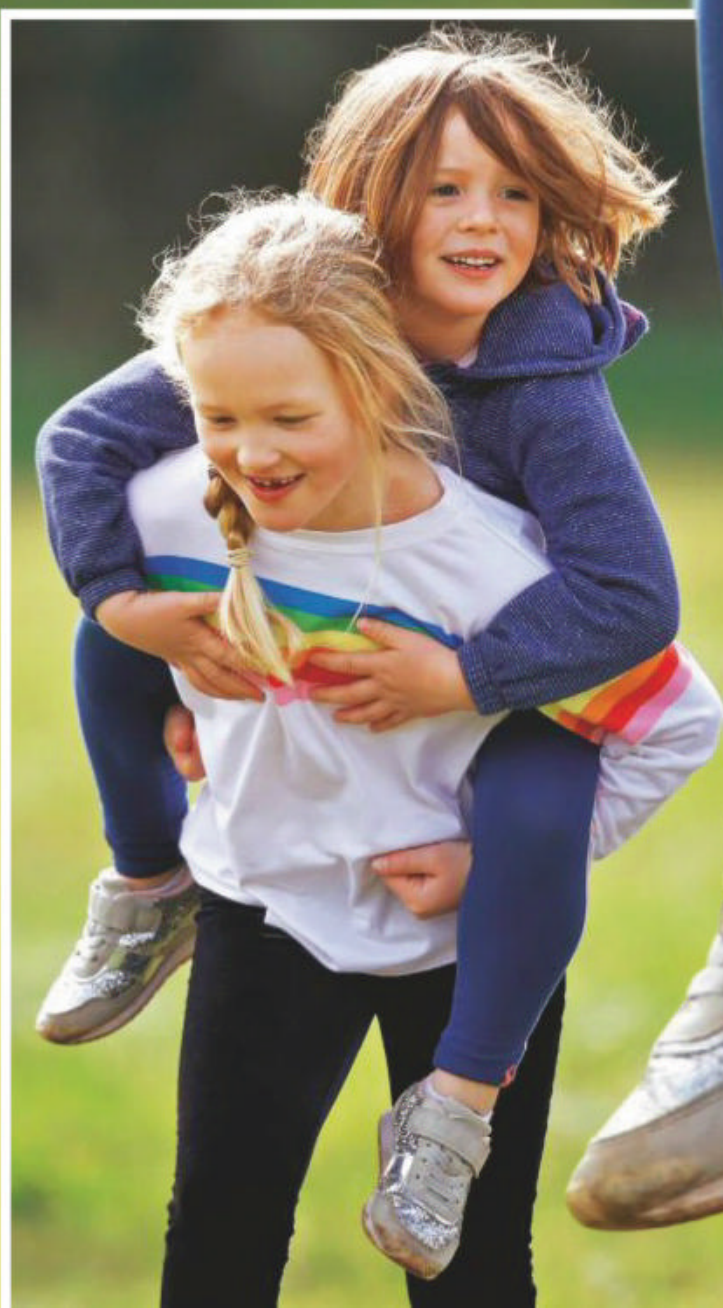
With the girls' sporty mum Zara competing in the Gatcombe Horse Trials, it was a chance for three royal generations to show their support with the siblings' grandmother the Princess Royal hosting the event and dad Mike cheering on his wife.

Fun-loving Mia has inherited her parents' adventurous side, with the five-year-old happy to throw herself into the rough and tumble of country life. And never more so than when it involves her cousins Savannah, eight, and Isla, seven, the daughters of Zara's brother Peter Phillips and his wife Autumn.

The cousins were inseparable over the sunny weekend at their grandmother Princess Anne's Gatcombe Park estate.

IN THE SWING

Former England rugby union captain Mike was in charge of keeping the youngsters entertained, at one point swinging his eldest daughter by her ankles as she squealed with delight. It showed off his playful side after a more serious appearance at the christening, when he tenderly cradled Lena as he carried her inside St Nicholas Church, a short distance from Gatcombe. ▶



I've got your back: Mia gets a lift from cousin Savannah Phillips as she saddles up for a piggyback ride



Naughty but nice: Zara gets an ice cream for Mia, but can't resist taking a lick, with her daughter keen to get her cone back (right) – before tucking into her sweet treat (below right)

Mia was less impressed when her mum stole a lick of her mint choc chip ice cream. Arm outstretched, Mia made it quite clear she wanted it back.

While Zara competed on Class Affair in a cross-country course designed by her mum, Mia also enjoyed some horseplay with her cousins, riding piggyback on a high-spirited Savannah.

Mike has told **HELLO!**: "All three of them love each other. The girls are like peas in a pod. I think that closeness will continue for many years."

And once nine-month-old Lena finds her feet, as Mike has told us: "A few years down the line it'll be brilliant for them."

Zara's love of horses is matched by Mike's passion for rugby. He competed in an all-star game in Gloucester at the weekend, raising funds for Rugby for Heroes and Hull4Heroes, which help



Dad Mike takes charge of baby Lena's buggy as Mia hitches a ride. The family outing has given the world a glimpse of the Tindalls' youngest daughter (left)





military personnel adjust to civilian life.

However, the down-to-earth couple are happiest on family days out, when Mia's antics delight onlookers. She is a photographer's dream too: few will forget her spotlight-stealing moment in the Queen's 90th birthday portrait, holding her great-grandmother's handbag.

Proud dad Mike has said: "It just happened at the right time. She was being a bit naughty. The Queen got it quite right when she told her, 'Just hold the handbag now,' and she did that. It will be something we'll always cherish."



REPORT: JANE DOWDESWELL



Tumble tot: Mia is a ray of sunshine on her fun day out. The irrepressible youngster demonstrates some acrobatic moves (left) and shows Savannah how to do it (far left)

EXCLUSIVE PHOTOS AND INTERVIEW

PREPARING TO WELCOME HER THIRD CHILD IN HER FORTIES MYLEENE KLASS GIVES THE INSIDE SCOOP ON BABY SNOOP AND REVEALS SHE FINALLY KNOWS WHAT LOVE IS

'To think that this is another chapter I had never planned on writing is just magical'



Myleene is blooming as she passes the halfway point in her third pregnancy. The radio host is expecting her first child with her businessman partner Simon Motson

Gently stroking her burgeoning baby bump as she talks exclusively to **HELLO!** about being pregnant with her third child, Myleene Klass glows with joy in her first interview since revealing her happy news.

Her love for her businessman partner Simon Motson and their blended family shines through, and indeed, life could not be rosier for the star.

Her daughters Ava, 11, and Hero, eight – from her relationship with security manager Graham Quinn, to whom she was briefly married – and Simon's two children are excited to welcome the new arrival. This will be Myleene's first child with Simon, whom she met on a blind date four years ago.

"I am five months pregnant and feel good now," says the Smooth Radio and Classic FM presenter and musician. "The first three months I felt quite sick. That's when Ava guessed. I was really nauseous and had my head in the sink."

"This is a really different pregnancy. With Ava I lived on cheese and mangoes, and with Hero it was cheese and apples. With this one, it's just carbs, carbs, carbs. I need pasta and potatoes."

"It is like marathon training without the marathon. I am dealing with the job in hand, which is to grow the baby."

"I'm not as tiny as I think I am though. I was in Shoreditch House the other day and tried to squeeze past a man's table but totally underestimated the size of the gap and took the table out. I say I'm Jabba the Hutt but Sim says I'm Jabba the Hot."


MODERN FAMILY

Myleene, who is also a childrenswear and homeware designer for Mothercare, shared the news of her pregnancy on Valentine's Day by posting a photo of her bump on Instagram. She radiates happiness as she talks about her home life with Simon – who she affectionately calls Sim – and their growing family.

"Sim has two children who are with us most weekends and in the week as well. I'm a stepmum, which is great for my girls. They are the exact same ages. We look at them all and think: 'How did we plan this?' There are going to be seven of us now, which is a lot. I haven't pushed this one out yet and Sim's already planning the next one."

Myleene wells up as she recounts how the couple broke the baby news to their children.

"We found out just before Christmas. I had an idea that I was pregnant. Ava made a joke ▶



**'I'm not frightened
any more... I've
been through hell
and I know I can
survive it'**

Myleene places a loving hand on her baby bump. She knew early on in her relationship with Simon that he would make a great dad: 21
"I thought: 'If I'm going to have any more children, it's going to be with this man'"



'I tried to squeeze past a man's table... and took the table out. I say I'm Jabba the Hutt but Sim says I'm Jabba the Hot'



After suffering heartache when her former husband left her six months into their marriage, Myleene finally knows what a happy relationship feels like: "You shouldn't wake up feeling nervous or insecure... If it's right, it should be easy"

and said: 'I bet you are pregnant – you are sick every morning.' We told them all together. Sim said: 'I want you all to know that we've got another little person on the way to meet our blended family.' They all jumped up and were over the moon. It was so cute. You wonder if they are going to question where their position is in the family, but we just keep making everyone feel loved."

The children are excitedly planning for the new arrival in July.

"Hero wanted to be a big sister so now that she knows, it is just adorable. She is already planning outfits. Ava is planning the babysitting schedule."

Myleene shakes her head in disbelief when she talks about Simon and their baby. Seven years ago her then-husband Graham left her after just six months of marriage.

"Since the day we met, Sim has been incredible," she says. "Not in a million years could I have ever imagined this would happen. I never imagined there was a person out there like him."

They had both been single for three years when a mutual friend set them up on a date. Myleene was cautious about meeting someone new and only agreed on one condition.

"I said I would not meet up until I found out if he had left his family. After everything I had been through, there was no way I wanted to be with someone like that. We met and that was it. We



As her pregnancy progresses, Myleene is putting her feet up amid her busy work schedule, which last year saw her perform with daughters Hero and Ava at a Children & the Arts event at the Royal Albert Hall, attended by the charity's patron the Prince of Wales (below)

have been all systems go. The girls love him. When I met him I thought: 'If I'm going to have any more children, it's going to be with this man.'

"Since I met him I have not questioned a single thing, which is a lovely feeling. And he's super hot as well – it's the icing on the cake. Underneath, he's got the kindest soul."

The couple are up for the challenges that a new baby in the house brings.

"I wouldn't say we are in denial, but you can imagine our mornings. We have to get four children ready. Sim starts breakfast and I do the girls' hair. I don't know how it's going to work to put another one in, but we said: 'Let's just consolidate the madness.' We live in a circus so what is one more?"

PUTTING THE BRAKES ON

Myleene turns 41 this week and has slowed down her normally fast pace during this pregnancy.

"You just become really aware of your own mortality and aware your body is a different machine now. Things do feel slower, there is no doubt about it. My best friend always makes sure I take my trainers in my bag to meetings so I walk and get my heart rate up. Otherwise, I will want to sit down with a packet of any carbs I can get my hands on and not move. So I am not doing anything excessive – far from it."

In February Myleene posted a photo of her daughters pointing to a scan of the new baby with the

caption: "Two very excited big sisters and 'snoop' (working title!)."

"Everyone in the family decided to call the baby Snoop as the working title. I recently interviewed Dolly Parton, who suggested Dolly, so I have two really good names."

"Our children have a list of names at home. One of them said if it's a boy they want us to call him Jason Derulo. When their friends come over, everyone adds to it. Snoop has a five-barrelled name at the minute."

The confident and bubbly star turns coy when talk turns to marriage and whether a wedding is on the cards.

"You would have to ask Sim. It's something the kids all talk about. I am an old-fashioned girl and if we did that it would be more for the children."

"But I know better than anybody that it is more than a piece of paper and a ring that holds something together. It's patience, love, dedication to each other, honesty and having the same morals."

"If I thought Sim had it in him to walk out on a family or cheat, I couldn't be with him. We are not bound by our pasts. I always thought I would never trust again but then I met Sim and I forgot everything I ever said. It took me ▶



'Hero said: "Snoop is going to be the glue." She has figured out that everyone has ownership of this baby'

36 years to find him. He was worth waiting for. I'm not frightened of anything any more because I've already been through hell and I know I can survive it."

A LOVE THAT BINDS

Always at the forefront of Myleene's mind is being a good role model for her daughters.

"They are my proudest achievements. I may have got things wrong but I still got the right children. Ava and Hero are my lifeline. Ava is a piano whizz-kid and on grade 7, and Hero is an excellent pianist as well and has just picked up the trumpet. Every morning she wakes me up to *When the Saints Go Marching In*."

The girls look to be following in their mother's musical footsteps as they have both attracted interest from record companies.

"People have been asking them. If they want to, I will say yes," says Myleene.

For now, though, the multi-talented businesswoman is looking forward to settling in to life with her new baby.

"Snoop is a summer baby and Sim has already painted the picture of us sitting in the garden, camping out and doing barbecues all summer.

"I get it now. You shouldn't wake up feeling nervous or insecure in your relationship. If it's right, it should be easy. The power this baby has for a blended family is lovely. Hero said to me: 'Snoop is going to be the glue.' She has figured out that everyone has ownership of Snoop. They are all joint brothers and sisters."

As for a birth plan, Myleene is being practical.

"Surprisingly for someone who is so into music, I don't have a playlist. I'm more about the science. Out you come! My midwife has asked if I want a water birth. Maybe. I haven't got that far.

"I remember that it doesn't always go to plan, so I am going to suck it and see. We have come through so much as a family and to think that this is another chapter I had never planned on writing is just magical." **H**

INTERVIEW: JESSICA CALLAN
PHOTOS: DAVID VENNI

STYLING: GAYLE RINKOFF AND IMY MOORE
AT CAROL HAYES MANAGEMENT

HAIR: BEN COOKE AT FRANK AGENCY
MAKE-UP: LAN NGUYEN-GREALIS AT EIGHTEEN MANAGEMENT

A happy and fulfilled Myleene never questions whether Simon (right, together, at an event last year) is the man for her. As well as having a kind soul, "he's super hot – it's the icing on the cake"





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WITH BABY NUMBER FOUR ON THE WAY ABBEY CLANCY IS THE ULTIMATE MODEL MUM

'I was scared because I was so ill with Johnny, but I feel great'

It's fair to say Abbey Clancy's fourth pregnancy has been a breeze compared to her last one.

While expecting Johnny, her third child with Premiership footballer husband Peter Crouch, the 33-year-old model and TV presenter suffered from hyperemesis gravidarum – the debilitating morning sickness condition also experienced by the Duchess of Cambridge.

Unsurprisingly, she was fearful of going through it again.

"When I found out I was pregnant I was really scared because I was so ill with Johnny," she tells **HELLO!** in an exclusive interview. "The thought of feeling like that again for nine months while looking after a baby

who's under one was scary."

However, this time it has been plain sailing.

"I've felt great," she says. "I've had a lot of energy, my mood's been good – it's kind of flown by."

As well as 15-month-old Johnny, Abbey and Burnley striker Peter are parents to daughter Sophia, who turned eight last month, and three-year-old Liberty. Each of her pregnancies has brought its own cravings. ►



26 The model and TV presenter strikes a pose in a graphic-print two-piece and (right) cuddles her baby bump at the London launch of her spring-summer collection for Lipsy



Abbey models a favourite from her collection, a one-shouldered swimsuit, in a shoot taken before she announced she was expecting her fourth child with footballer husband Peter Crouch

'When I told my friends I was pregnant, they said: "You've always said you wanted four," and I was like: "When?"'

"This baby is addicted to cheese and Victoria sponge cake," she says, laughing. "My motto is everything in moderation. You've got to listen to your body."

FOUR TIMES THE FUN

Having a big family has always been Abbey's top priority. Growing up with three siblings herself, four seems to have unconsciously become her magic number.

"Apparently, I've said I wanted four in the past. When I told my friends I was pregnant, they said: 'You've always said you wanted four,' and I was like: 'When?'" she laughs.

"I love having a busy household and having all my kids around because it's similar to how I grew up.

"I'm just happy when I go out in a public place and they behave," she adds. "They're so lovely and well-mannered and it's great to see them playing together."

Expecting child number four hasn't stopped her from working and this week sees her new swimwear

collection for fashion brand Lipsy go on sale. It was designed for all the women in her life, she says. "I wasn't just thinking about myself, but what my mum, sister or girlfriends would like to wear."

Her favourite pieces are a one-shouldered swimsuit and a "Bond girl-esque" white bikini, she says, adding: "I've got a bikini fetish."

There was plenty of opportunity to try out her designs when she and Peter had a "nice battery recharge" with a babymoon in Portugal.

And while she cherishes time alone with her husband of almost eight years, she is looking forward to their children being with them for the next trip.

"I'd love to go back to the Maldives with the whole family," she says. "Creating memories with them is what it's all about."

H

INTERVIEW: ISOBEL LEWIS

The Abbey Clancy x Lipsy collection is available in Lipsy stores and online from Thursday; visit next.co.uk/Lipsy.

Whether she's showcasing her designs (left and right) or posing with her children Sophia, eight, Liberty, three and baby Johnny (below), Abbey is always picture perfect



PHOTOS: ABBEY CLANCY, BLINKUK

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Gorka Márquez and Gemma Atkinson, who love a sunshine break, kick back in Tenerife (below right). They shared snaps on social media of the sunset (above right) and Gemma's bikini-clad baby bump (right)

HAVING A BUMPER TIME ON BABYMOON GEMMA AND GORKA 'STRICTLY' COUPLE ENJOY THEIR LAST HOLIDAY BEFORE TWO BECOMES THREE

'I have a life inside me ticking away ready to join us soon. The little kicks and turns and flutters are just wonderful'

The next time Gemma Atkinson holidays with boyfriend Gorka Márquez there will be a tiny dancer joining them.

The actress and radio presenter and her *Strictly Come Dancing* beau are expecting their first baby together later this year, so they are making the most of a babymoon in the sun. The couple, who got together while filming the 2017 series of the hit BBC1 show – for which Gorka is a pro dancer – decided to jet off to Tenerife to enjoy some quality time together before they become a family of three.

Posting photos of their blissful break on social media, Gemma shared a snap of herself in a bikini while proudly displaying her growing baby bump. She also put up a shot of her boyfriend sitting

beside an idyllic turquoise pool, writing next to the pictures: "Next time we go on holiday we'll be a 3."

Gorka, 28, posted shots of himself and Gemma, 34, enjoying views from their resort and captioned it: "Last sunset before we flew back to the UK. I got used to that view very quickly and I miss it already."

BABY TALK

Spanish-born Gorka also revealed last week that he and Gemma plan to raise their child as bilingual. "Of course our baby will learn to speak Spanish," he said. "Gemma loves where I'm from too. She has been to visit, we love how hot it is. I love being an uncle so I can't wait to be a dad."

The couple announced their baby news in

February by posting a photograph of their two dogs wearing signs around their necks, one reading: "Guess what... Mum's pregnant!"

Fitness fan Gemma has been documenting her changing body shape on Instagram.

"Our bodies are incredible!" she wrote next to two photos, one of her working out pre-pregnancy and one taken last month. "What they are capable of astounds me, and in both these pictures I felt/feel like superwoman."

"I have a life inside of me ticking away ready to join us soon. The little kicks & turns & flutters are just wonderful. I feel so lucky."

REPORT: LAURA BENJAMIN

**'I feel like superwoman...
I feel so lucky'**



Gemma strikes a pose on a walk up Mount Teide. She and Gorka, who met while filming the 2017 series of *Strictly Come Dancing*, are expecting their first baby later this year



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HARRY KANE NEW SILVERWARE FOR SOCCER STAR



Tottenham Hotspur striker and England skipper Harry Kane is in a different league after being made an MBE in recognition of his role in helping the national squad reach the World Cup semi-finals last year.

Watching the 25-year-old accept the honour – appropriately from FA president the Duke of Cambridge (above) – were his fiancée Kate Goodland and his parents Kim and Patrick, who posed (below) with the football hero before the Buckingham

Palace investiture, with Harry proudly displaying his new silverware in a photo with his wife-to-be (right).

When news of his MBE broke last December, Harry called it “quite surreal”, adding: “It’s another thing I’m extremely proud of.” Last week he echoed it on Twitter: “A real honour and an enormously proud day for me and my family. A massive thanks to my England teammates and coaching staff.”



THE **INSIDE** STORY

ROCHELLE HUMES
STAR-STUDED PARTY IS THE ICING
ON HER 30TH BIRTHDAY CAKE



She is best known for her Saturdays, but when it came to celebrating her 30th birthday, Rochelle Humes made a whole weekend of it. The singer and TV presenter marked her milestone alongside husband Marvin (left) with a two-day festival of fun at Soho Farmhouse in Oxfordshire. The guest list included former Girls Aloud stars Cheryl Tweedy, Kimberley Walsh and Nicola Roberts (all above), plus famous presenter friends Emma Willis, Ben Shephard and Alesha Dixon.

Posting highlights of an unforgettable two days on Instagram, Rochelle revealed how guests were given monogrammed “RH30” pyjamas ahead of a cocktail party featuring a star turn by Gary Barlow (below), that left the childhood Take That fan All Fired Up.

“Oh Mr Barlow you absolutely made my night/year/life.... #luckygirl,” she wrote.

The celebrations, which included a giant birthday cake presented to her on stage (bottom left), continued into the next day, with Sunday lunch and more live music.

“I couldn’t ever have dreamed that my 30th would go down like it did. I’m SO lucky and SO blessed to have the friends and family I do. I can’t get rid of the perma grin I’m sporting,” she told her 1.3 million Instagram followers.

And the birthday girl was not the only one having fun. Speaking on *This Morning*, host Phillip Schofield called it “a great party”, and confessed: “I don’t remember going home.”





With numerous outfit changes and a performance of iconic hits, there was no doubt who was The Boss at Diana Ross's 75th birthday bash in Los Angeles.

The Motown legend took centre stage with family, famous friends and fans all coming out to show their Endless Love for the former Supreme at the Warwick club, before moving to the Hollywood Palladium for her Diamond Diana concert. In attendance were Diana's children, actress Tracee

Ellis Ross and son Evan, joined by his wife, singer Ashlee Simpson (below right), plus Stevie Wonder and Beyoncé, who each sang Happy Birthday to the star.

Reality TV favourite Khloé Kardashian paid her own tribute in a curly wig "inspired by Ms Ross" as she arrived with mum Kris Jenner (above), with sequined sister Kourtney also joining the sparkling night (below left). In a post on Instagram, Khloé called the evening "so much fun".



DIANA ROSS REIGNS SUPREME AT DIAMOND CELEBRATION

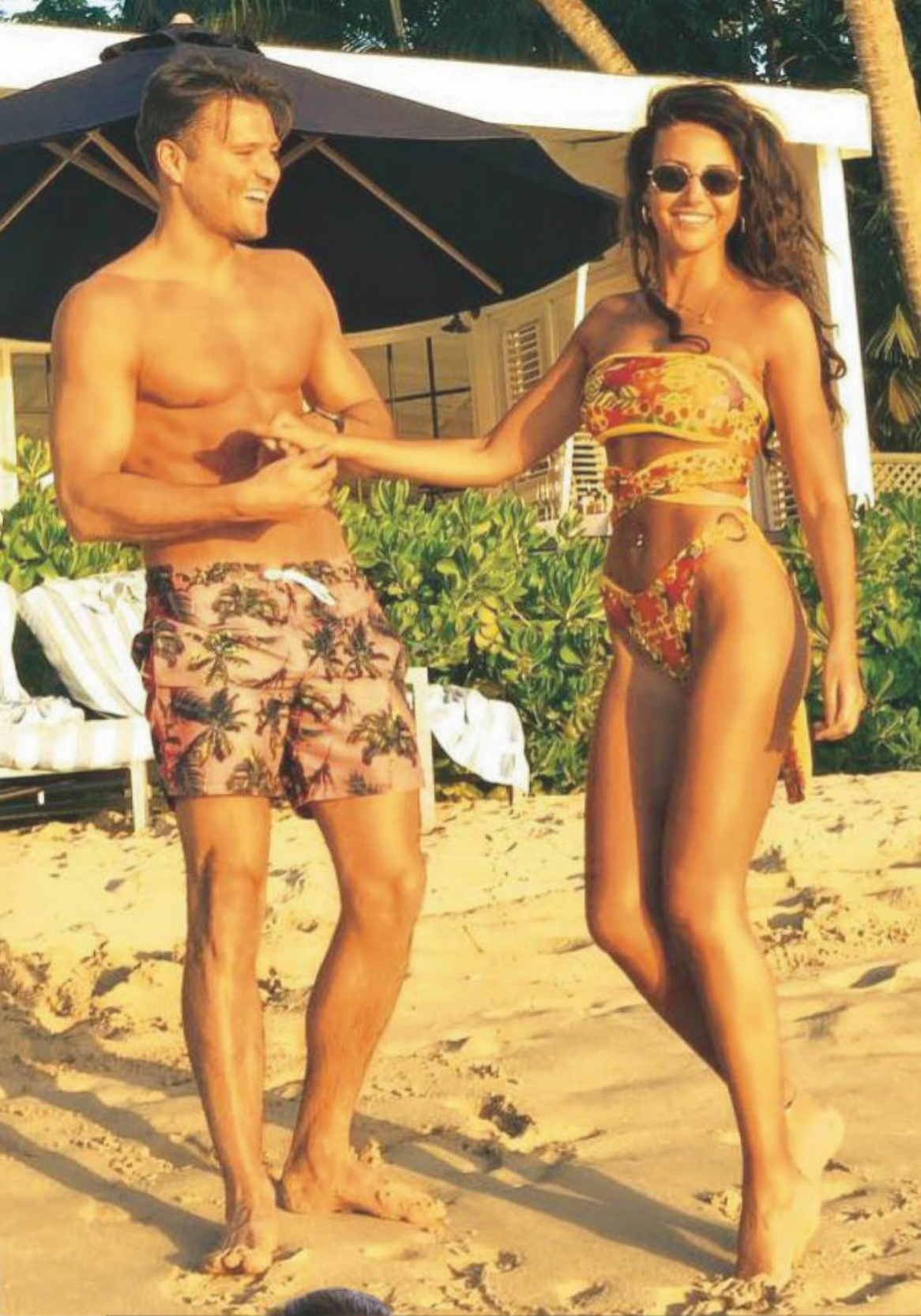


Zest for life: Diana has a licence to frill in her tangerine gown as she arrives in style in an open-top car (below) for her birthday gig



THE **INSIDE** STORY

MARK AND MICHELLE FUN AND ROMANCE IN BARBADOS



Michelle Keegan may have recently signed up for another series of military drama *Our Girl*, but the only lines she was working on in Barbados were her tan lines. “Bringing some 80s vibes to the beach,” was how she captioned one swimwear shot posted on social media (right) as she holidayed with husband Mark Wright.

For Mark, the paradise getaway was equal parts business and pleasure as the reality star and presenter was filming a new ad campaign. But there was still time for romance, with the pair enjoying a sizzling beach day (left) and Mark posting a photo of them holding hands at an outdoor bar (above). “Caribbean nights are the best nights,” he wrote.

COLEEN ROONEY ENJOYS ISLAND LIFE ON FAMILY BREAK



Since moving to the US in support of her footballer husband Wayne last year, Coleen Rooney seems to have found her form. The mother of four certainly looked match fit as she hit the beach on a family break in Barbados (left).

Taking advantage of stoppage time in Wayne’s match schedule with Major League Soccer team DC United, the couple made a temporary transfer from their base in Washington to the Caribbean with their four sons – Kai nine, Klay, five, Kit, three and one-year-old Cass.

Coleen and Wayne own a home on Barbados and are regular visitors. Little wonder, then, that the family quickly got into the vibe of island life, heading to the beach (right) and enjoying the area’s many attractions. For eldest son Kai, that meant trying his hand at flyboarding (far right), while 32-year-old Coleen

proudly showcased her away kit – an impressive wardrobe of swimwear.

On Instagram, the doting mum uploaded a poolside holiday photo taken with her children, labelling it “Mummy’s boys”, while Wayne shared a similar image captioned “Lads”. The 33-year-old DC United captain revealed last year that one of the best things about the family’s new life was “time to do things with the kids”.





VOGUE AND SPENCER DATE NIGHT FOR DOTING PARENTS

Taking a short break from baby care, new mum and dad Vogue Williams and Spencer Matthews got into the holiday spirit to launch the latest resortwear from Octavia Hix.

The couple, who are parents to six-month-old Theodore, were among VIP guests getting all set for summer as they browsed the latest luxe designs from the label created by sisters Vix Thompson (left with **HELLO!** editor in chief Rosie Nixon) and Hattie Clark (bottom left) at the Baar & Bass boutique in Chelsea, West London.

While Vogue, 33, modelled a Lola zebra kimono from the range (right), shared selfies on social media and declared the new collection “UNREAL”, Spencer, showcased a rather more daring look – a pink wig complete with decorative hair slides (far right).

The event also gave the 30-year-old new dad the chance to catch up with some former *Made in Chelsea* co-stars thanks to a guest list that featured mum of one Binky Felstead, in a pastel zigzag sweater (above) and Jamie Laing sporting a seemingly matching hat (right).

Not surprisingly, parenthood was a hot topic of conversation on the shop floor, with the reality more than living up to the hype – for Spencer at least.

“Theodore is such a cool boy,” he said. “Everyone comments on his easy nature. We feel so lucky.”



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MIXING WITH A FASHIONABLE CROWD

VICTORIA BECKHAM

KEEPS HER COOL ON AN ARABIAN NIGHT OUT

A-listers from all over the world flew in for the star-studded event

At a gathering of some of the world's most stylish women, Victoria Beckham still managed to stand out.

Modelling a cream and gold shirt and trousers from her own label's pre-fall 2019 collection, the 44-year-old fashion designer was the epitome of chic as she attended the opening of Qatar's National Museum last week. With her hair styled in a low ponytail, the former Spice Girl accessorised her outfit with a miniature perfume bottle pendant necklace and a luxe clutch bag.

A-listers from all over the world flew to Qatari capital Doha for the star-studded event. Victoria was seen mingling with designer Diane von Furstenberg, supermodel and France's former first lady Carla Bruni and Russian model and philanthropist Natalia Vodianova. She later posted a photograph on Instagram with Diane and Natalia, captioned: "Honoured to be invited to the opening of the unbelievable national museum of Qatar."

Pirates of the Caribbean star Johnny Depp also attended as did former

Manchester United manager José Mourinho. The party was organised by Fait Accompli, the Kensington-based wedding planners who masterminded the evening celebrations at the Duke and Duchess of Cambridge's wedding in 2011.

During her trip to Qatar, which will host football's 2022 World Cup, Victoria also visited Fashion Trust Arabia, a charity created to support emerging designers across the Middle East. She helped pick a winner from 25 finalists who had entered a competition to win mentorship and funding from the trust.

The National Museum is Qatar's latest design statement. Created by architect Jean Nouvel, it covers 430,556sq ft, took 18 years to complete at a cost of more than \$400m (£307m) and tells the story of Qatar's growth from a nation of Bedouins and pearl fishers to the richest country in the world per capita. **H**

REPORT: LAURA BENJAMIN



PHOTOS: GETTY IMAGES



Victoria (right) joined guests (above, from left) including France's former first lady Carla Bruni, model Natalia Vodianova and designer Diane von Furstenberg in Qatar

AS WE REVEAL SHE WILL MARRY THIS SUMMER HEIDI KLUM HOW SHE HAS SET THE DATE FOR A ROMANTIC WEDDING IN CAPRI

'It was bizarre... when we met each other, it felt like we were already married. We just clicked'



Few places on Earth can be more romantic than the crystal clear waters of Capri's Blue Grotto, and it's a place full of memories for Heidi Klum and her fiancé Tom Kaulitz. Last August, the model shared a sweet clip of her holiday there with the Tokio Hotel guitarist.

And their love affair with Capri clearly runs deep, as **HELLO!** can exclusively reveal that the couple have set a date and will marry on the Italian island this summer. It promises to be a star-studded occasion: models Alessandra Ambrosio, Naomi Campbell, Adriana Lima and singer Gwen Stefani are among Heidi's famous and closest friends.

The *Project Runway* and *America's Got Talent* star has spoken of her love for Tom, 29, and told how she knew he was The One when they met in February last year.

"I would have married him that day, probably. I am just very happy," 45-year-old Heidi enthused recently.

"I have been married twice before and I never thought I was going to say 'Yes' again, but I did. I'm saying 'Yes' again.

"I'm so excited and, yes, I was surprised, although I was kind of thinking it was going to go that way because we just clicked. It was bizarre because when we just met each other, it felt like we were already married."

Heidi revealed her engagement news on Christmas Eve, sharing a photo on Instagram showing the stunning engagement ring.

"Tom picked all of the stones, drew the designs and then made it all by himself. Isn't that romantic? I am a sucker for romance."

READY FOR TAKE-OFF

Marriage is not the only thing Heidi has said "yes" to. After quitting her two hit US TV shows, she recently revealed a groundbreaking collaboration with Amazon Prime Video. The new series combines the search for designer talent around the world with shopping, as viewers can buy the outfits they see on screen.

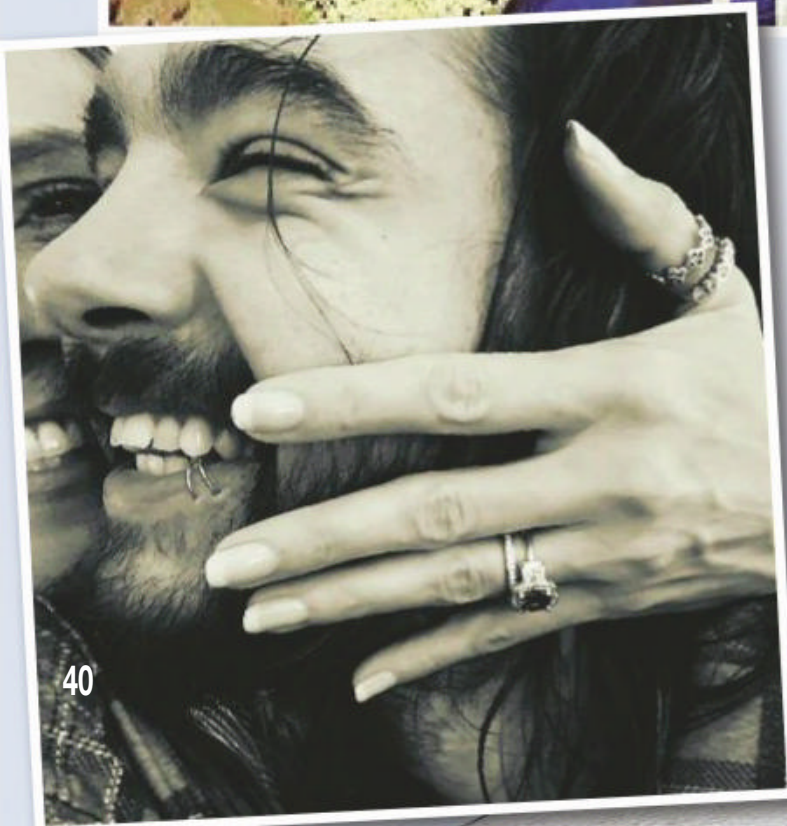
"If they love an outfit they can go right to it, click, and then Amazon will have it at your front door and in your closet in two days."

It was a big leap to leave *Project Runway*. "It's my baby that we've nurtured for 16 years, but you need to change," said Heidi. "That baby is old enough, it can walk by itself."

She is full of praise for her real-life babies; she has three children (Henry, Lou and Johan) from her marriage to singer Seal, and 14-year-old daughter Leni from her relationship with former Formula 1 boss Flavio Briatore.

"Our youngest daughter, Lou, actually performed with Seal at the Hollywood Bowl in front of 16,000 people. She walked onto the stage, eight-year-old little Lou, sat down at the piano and just rocked it. I was like: 'You weren't even nervous?' She was like: 'Nah, it was okay.' I'm still nervous after 25 years of doing this. It's nerve-racking when you have so many people staring at you."

But if there's one day when she can expect all eyes to be on her – and her outfit – it will be her dream summer wedding day in Italy. **H**



Joyful Heidi announced her engagement to German rock guitarist Tom Kaulitz on Christmas Eve, sharing a photo (left). Among the guests likely to attend their wedding are Heidi's friends Naomi Campbell (right) and Gwen Stefani (far right)





Heidi and Tom make their red carpet debut together at the amfAR gala in Cannes last May, before a holiday together in Italy in 41 August (above, left), where they will marry this summer

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A ROUND-UP OF NEWS REPORTS

CHRIS MARTIN

Granted restraining order for 'stalker'



Coldplay star Chris Martin has been granted a restraining order against a woman he says believes she is in a relationship with him. The singer, 42, is said to be "increasingly

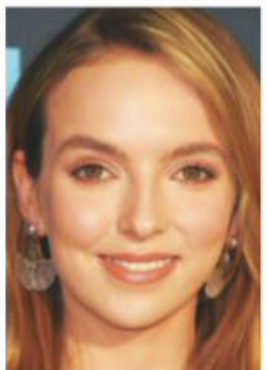
worried" because the woman has gone to his home multiple times.

The alleged stalker has reportedly left letters that refer to his children Apple, 14, and Moses, 12, from his marriage to actress Gwyneth Paltrow, together with death, suicide and the imagined relationship.

● **Natalie Portman** reportedly fled her home after a man allegedly violated the terms of a restraining order she had been granted earlier this year. The actress, 37, is said to have called police after spotting the man outside her house in Los Angeles. The man has been charged.

JODIE COMER

Killing Eve star can set sights on Bafta



Bafta has been accused of bending its rules to allow *Killing Eve* to compete for 14 awards at this year's ceremony. According to the academy's rules, a show must be broadcast in the

UK first to be eligible for the awards. However, *Killing Eve* premiered on BBC America.

Nevertheless, a Bafta spokeswoman said they considered it to be a British series because of the "significant contribution from key UK talent" in

STORY OF THE WEEK

The Duke of Cambridge to visit Christchurch



The Duke of Cambridge will travel to New Zealand later this month to pay tribute to the victims of the Christchurch terror attacks.

The visit is being made at the request of New Zealand Prime Minister Jacinda Ardern and Prince William, 36, will meet those affected by the atrocity.

Fifty people died and the same number were injured when a far-right gunman opened fire at two mosques last month.

Kensington Palace says the Duke, who will be representing

the Queen, will "pay tribute to the extraordinary compassion and solidarity that the people of New Zealand have displayed in recent weeks".

After the attack, William and his wife the Duchess issued a joint statement with the Duke and Duchess of Sussex saying: "No person should ever have to fear attending a sacred place of worship."

They ended with: "*Kia kaha*," Maori for: "Stay strong."

Prince Harry and Meghan also visited New Zealand House to sign a book of condolence and lay a bouquet.

It is not yet known how long William will be in Christchurch and he may miss the arrival of his first niece or nephew.

making it. The decision means the hit show will compete for Best Drama Series while leads Sandra Oh and Jodie Comer are up for Best Actress.

Fellow BBC hit *A Very English Scandal* follows with 12 nominations, including a Best Actor nod for Hugh Grant, while Benedict Cumberbatch is named for his role in *Patrick Melrose* and the Bros documentary *After the Screaming Stops* will compete in the Specialist Factual category.

STACEY DOOLEY

Strictly star 'splits from boyfriend'



Journalist Stacey Dooley, 32, has reportedly split from her personal trainer boyfriend Sam Tucknott. Insiders claim the strain of training to win *Strictly Come*

Dancing and the subsequent tour took its toll on their three-year relationship.

A source said: "Stacey barely saw Sam during the month-long tour and has gone straight back into filming documentaries and has been travelling all over the world."

Sam is said still to be living in the couple's Brighton home.

● Olympic rower **James Cracknell**

has split from his TV presenter wife Beverley Turner after 16 years of marriage. A statement from the couple said they had "sadly" separated last year and that their children Croyde, 14, Kiki, nine, and Trixie, seven, remained their priority. Beverley, 45, nursed James, 46, to health after an accident in 2010 left him with a crippling brain injury.

JASON DONOVAN

Daughter Gemma joins *Neighbours*



Thirty years after he left *Neighbours*, Jason Donovan is celebrating his daughter Gemma joining the cast of the Australian TV soap.

The actress will play Harlow Robinson, following in the footsteps of both her father, who played Scott Robinson, and grandfather Terence, who played Doug Willis.

"It's official, my daughter Gemma joins the cast of *Neighbours*," the actor, 50, tweeted. "Three generations of Donovans on Ramsay Street has to be a first."

Jemma, 19, who starred in Netflix series *Spotless*, said she was "happy and honoured" to be in the show.

MICHELLE OBAMA

Memoir is *Becoming* a record-breaker



Michelle Obama's memoir *Becoming* is on course to become the most popular autobiography of all time. Since its publication last November, the former US First Lady's book has sold more than ten million copies.

"We believe this could become the most successful memoir ever," publisher Bertelsmann said.

Michelle will discuss *Becoming* at the O2 Arena in London next week.

THE COUNTESS OF WESSEX

Future plans for sight charity



The Countess of Wessex has launched the See My Future appeal with blindness prevention charity Orbis UK.

It is a cause close to 54-year-old Sophie's heart. A global ambassador for the International Agency for the Prevention of Blindness, she has travelled to India and Bangladesh to raise awareness of the charity's work.

See My Future aims to raise £850,000. All donations made before 23 June will be matched by the Government up to the value of £2m.

ALANIS MORISSETTE

Baby number three on way for singer



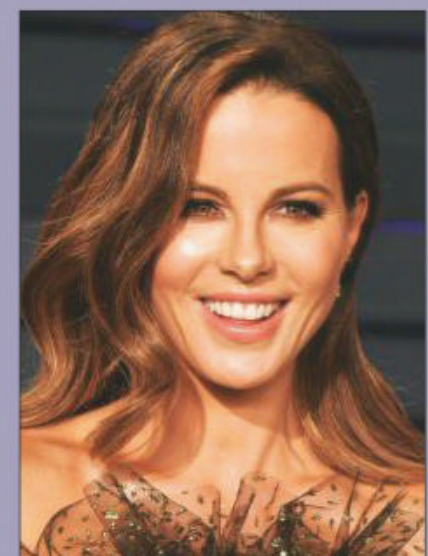
Alanis Morissette has announced she is expecting her third child.

The singer, 44, shared the news on Instagram with a shot showing her singing and her baby bump in profile. "So much NEWness..." she wrote, leading fans to think new music is also on the way.

Alanis and husband Mario "Souleye" Treadway are already parents to Ever, eight, and Onyx, two.

For the latest celebrity news, visit hellomagazine.com

Quotes of the week



'I've never been in this position before – never dated anybody who comes with their own bag of mischief'

Kate Beckinsale (left) is intrigued by the interest in her romance with Pete Davidson

'I'm hoping to break with the femme fatale casting and play a lesbian in my next film'

The *Royal's* Queen Helena may not be amused by Elizabeth Hurley's next role

'When I come home, I know it'll be clean. With Jack, I didn't know what was going

to have happened. I rang his mum and said: "I don't know how you've dealt with him"'

Love Island star Dani Dyer on the reality of living with boyfriend Jack Fincham

'My daughter Katie has it, my nephew has it – we're all sticky-out-bottom people'

Former *Countdown* star Carol Vorderman says talk of bum implants doesn't add up

'I am now very focused on repairing some of the deep-rooted issues that I have, as most of us have, so that I

don't fall apart, so that I can sustain my marriage and be the father I want to be'

Justin Bieber tells fans he's putting music on hold to focus on his private life

'I went to get my water and I missed my mouth and I was like: "If I can't take a drink, how are they going to trust me with a massive show?"'

Vicki McClure says her audition for *Line of Duty* was nothing short of criminal

'It's the best job in television'

Working in Cornwall is just what the doctor ordered for *Doc Martin* star Martin Clunes

AHEAD OF ANOTHER ROYAL WEDDING IN WINDSOR EAMONN HOLMES AND RUTH LANGSFORD TELL WHY IT'S A 'MAGICAL' PLACE TO MARRY AND HOW THEIR NEW TV SHOW IS EASY LIKE SUNDAY MORNING

Eamonn Holmes and Ruth Langsford are reminiscing with **HELLO!** about royal weddings, with next month's nuptials of Lady Gabriella Windsor to Thomas Kingston very much in mind.

Six months ago, the presenters led ITV's coverage of Princess Eugenie's wedding to Jack Brooksbank at St George's Chapel in Windsor for *This Morning at the Royal Wedding*, and they tell us that bride-to-be Gabriella – who will marry in the same venue – is in for a treat. “The atmosphere in Windsor for Eugenie and Jack's wedding was magical,” says Ruth. “It must be one of the most wonderful places in the world to get married. We are sure Lady Gabriella will enjoy every moment.”

Recalling the build-up to Eugenie's big day in October, Eamonn, 59, says: “The highlight to me was being invited to Buckingham Palace two nights before the wedding. They invited us into their drawing room and we were able to sit down and hear from Eugenie about her life.”

However, it wasn't just the bride and groom who attracted attention on the big day. “Every member of the royal family was there,” says Ruth, also 59. “People wanted to see what Kate was wearing, what Meghan was wearing, what the Queen was wearing.”

The programme was one of the highest rated

shows in *This Morning* history, but for Eamonn and Ruth, who have presented the show together for 13 years, it was all in a day's work. “I wasn't nervous, but it was very different to anything I have done before. Eamonn has covered royal events before but this was my first one,” says Ruth.

NEW HOLMES

By the time it came to Eugenie's wedding, Ruth and Eamonn knew the score. Earlier in August, Eamonn's eldest son from his first marriage, Declan, 30, married his partner Jenny. And with the possibility of grandchildren, Ruth has been teasing Eamonn about one day becoming a grandfather.

“It makes him feel old, but I can guarantee you, the minute a baby is put in his arms, he will be mush,” she says.

“If it's God's will and there's grandchildren then I will be the most fun granddaddy on the block,” says Eamonn, laughing at Ruth's suggestion that the grandchildren could call him “Grumps”.

Alongside Eamonn's three children Declan, Rebecca and Niall, the *This Morning* presenters have a 17-year-old son together, Jack. Could he follow in his parents' footsteps and seek a career in the world of entertainment?

“I think he would make a good journalist,” says Eamonn. Ruth, on the other hand, sees Jack potentially going down the same path as Matty Healy – son of her *Loose Women* co-star Denise Welch – who is in pop-rock band The 1975.

“Jack is very into music and he played his drums up until grade 7,” says Ruth. “He talks about being a music producer or working in music production, but whatever he wants to do in life is totally up to him.”

With the couple already spending so much time together at work, how are they enjoying their *This Morning on Sunday* show?

“It was booked originally for ten weeks and it has just been extended because it's doing so well. It's a lively vibe on Sundays, a more relaxed feel. And so far it's proven to be very popular,” says Ruth.

As for relaxing themselves, while Eamonn is out in the garden, she enjoys cooking for the family: “There will be times when I am making roast dinner and we have family coming around; that time is very precious to me.” **H**

INTERVIEW: HANNA FILLINGHAM

Catch Eamonn and Ruth on *This Morning on Sunday*, on ITV at 10.30am.

PHOTOS: ALEXANDRA DIEZ DE RIVERA; EAMONN HOLMES: ITV; NICKY JOHNSTON/CAMERA PRESS; ADDITIONAL REPORTING: ISOBEL LEWIS



Eamonn and Ruth meet Princess Eugenie and Jack Brooksbank at Buckingham Palace (far left), before reporting on their wedding day (left) in October. “They were so hospitable to us,” says Eamonn

**'We are sure
Lady Gabriella
will enjoy
every
moment'**



The seasoned royal wedding presenters make a glamorous couple as they predict a magical wedding day awaits Lady Gabriella Windsor and Thomas Kingston (together right) next month



CONTINUING THEIR TOUR OF THE CARIBBEAN THE PRINCE OF WALES AND THE DUCHESS OF CORNWALL WITNESS COLOURFUL CUSTOMS AND CUBAN CULTURE ON HISTORIC VISIT



The Prince of Wales is welcomed to Cuba by President Miguel Díaz-Canel. The pair later enjoyed dinner with the Duchess of Cornwall and the President's wife Lis Cuesta Peraza

It was a royal visit packed with historic and political significance – and with plenty of culture and colour, too.

The Prince of Wales and the Duchess of Cornwall made history last week when they became the first members of the British royal family to visit Cuba officially since Fidel Castro's revolution in the late 1950s.

Their four-day stay in Havana, at the request of the UK Government, marks a new chapter in Britain's relationship with the communist country, which has begun to open up socially and economically after nearly six decades of isolation.

Shortly after touching down on Cuban soil in the RAF's ministerial Voyager jet – the first British military plane to land there since the revolution – Camilla watched as Prince Charles laid a wreath of roses at the

monument to Cuba's national hero, the essayist and poet José Martí, in the capital's Revolution Square.

The royal couple stood in front of a striking steel sculpture of revolutionary hero Che Guevara on a ministry building near the site where former ruler Fidel Castro regularly addressed the public.

TOUR DE FORCE

On the first full day of their visit, Charles and Camilla were cheered by tourists as they enjoyed a walking tour of Old Havana, a Unesco World Heritage Site.

US tourist Mimi Ricketts spoke to the Duchess: "I said: 'Are you excited about the new baby about to arrive in your family?' And she said yes she was."

The royal couple began their tour



Charles and Camilla stood in front of a striking bronze sculpture of revolutionary hero Che Guevara



Prince Charles and Camilla stand in contemplation as soldiers carry a wreath to lay at the monument to José Martí, a key figure in Cuba's bid for independence from Spain in the 19th century. The following day the Duchess encountered a street performer dressed as the poet (right)



'I think [this visit is] a big, big deal, especially with all the Brexit'

Carlos Acosta

in the city's oldest square, the Plaza de Armas, and a crowd gathered around them as they stopped to listen to a band playing the Cuban classic *Guantanamera*.

The Prince then met architects overseeing the restoration of Old Havana, including Ailyn Penton, who has attended a summer school with The Prince's Foundation.

"It was amazing," she told him. "I have never experienced anything like it before."

Inside La Escuela Taller de La Habana, a school where traditional restoration skills are taught, Charles signed a piece of plaster that will be used on a local landmark building.

He then made an unexpected stop at a barber shop. Sitting in a 1950s barber chair, he politely declined a haircut, telling the owner: "I've just come in here for the air conditioning."

He also called in at the Rafael Trejo boxing gym, stepping into the ring to chat to athletes.

MUSIC TO THEIR EARS

The Duchess, meanwhile, made an impromptu stop at a bar after hearing traditional Cuban music coming from inside. She said as she emerged: "They were brilliant, weren't they? I loved them."

At the Hogar maternity hospital she met expectant mothers and told one whose baby is due in July: "I was born in July, it's a very good month."

To another woman who is expecting twins, she said: "I've got twin grandsons. It is very nice to have twins – they can look after each other."

Outside, Camilla accepted a rose and a kiss on the hand from a bronze-painted street performer dressed as José Martí.

She went on to visit the children's theatre group La Colmenita (The Little Beehive), where she met youngsters dressed in bee costumes, who performed The Beatles song *Let It Be*.

The Duchess later joined her husband at Acosta Danza, the dance studio set up by Cuban ballet



Charles and Camilla tour Old Havana, where the Duchess chatted to women in traditional Cuban clothing (below, far right). Charles also visited the Rafael Trejo boxing gym (below) and Camilla got a kiss from a young fan at children's theatre group La Colmenita (below right)





Charles and Camilla enjoy a dance performance at Acosta Danza. Sitting beside the Prince is Cuban former Royal Ballet star Carlos Acosta, who set up the studio

'I've got twin grandsons. It is very nice to have twins - they can look after each other' *The Duchess of Cornwall*

star Carlos Acosta to help disadvantaged youngsters fulfil their potential.

Carlos praised the royal visit, saying: "It's a big, big deal, especially with all the Brexit. The UK is looking for emerging markets and different partnerships and to build bridges with other nations, and Cuba is doing the same."

Charles and Camilla later visited Muraleando Community Centre, which provides free arts workshops, before ending their day with an official welcome at the presidential Palacio de la Revolución.

Following a private meeting with President Miguel Díaz-Canel, Charles inspected a guard of honour. The two men then joined their wives for dinner.

DRIVE TIME

The following day the royal couple attended a classic car event in Havana's John Lennon Park, arriving – thanks to a little behind-the-scenes work by UK

Ambassador Antony Stokes – in a 1953 black MG TD, with Charles at the wheel.

Camilla joked as she climbed out: "You try getting out of that elegantly!"

The car's owner, Eduardo Bermudez, said: "The Ambassador rang me a week ago and asked if the Prince could borrow it and I said: 'Yes, of course.' He took it for a practice yesterday."

Camilla said of her husband, who owns a classic Aston Martin: "He's never going to leave – he loves his cars. He's really rather in his element."

Eyeing the classic motorbikes, she added: "Now motorbikes, that's something else he loves."

And admiring the fleet of vintage vehicles on show, she commented: "I remember most of these cars – shows how old I am!"

As a band played hits by The Beatles, whose music was once banned by the communist regime, the



'He's never going to leave - he loves his cars. He's really rather in his element' *The Duchess of Cornwall*



Charles and Camilla arrive at a classic car rally in Havana's John Lennon Park in a beautifully restored 1953 MG TD (above and below left). One car enthusiast told the Prince that classic British cars are difficult to maintain in Cuba because of the lack of spare parts. The royal couple later share a bench with fellow Briton John Lennon (below right). The statue was unveiled on 8 December 2000, the 20th anniversary of the former Beatle's murder



On their final day in Havana Charles and Camilla mixed their own mojitos



A rum do: Charles and Camilla enjoy the fruits of their labour – mojitos. Impressed by the local cuisine, the Duchess (below) promised to send her food writer son Tom Parker Bowles to Cuba to write about it



couple sat beside a statue of former Beatle John Lennon on a bench inscribed with some of the lyrics from his song *Imagine*.

There was more music at Egrem recording studios, where Charles and Camilla met 72-year-old Eliades Ochoa, a guitarist and original member of the group Buena Vista Social Club.

Eliades told the couple: “With your visit we are given the strength to form another Buena Vista Social Club. We are grateful that you are here.”

Later the royal couple enjoyed performances showcasing Cuban dance at Havana’s neo-baroque Gran Teatro de la Habana Alicia Alonso. Artists from the National Ballet of Cuba, Acosta Danza and Danza Contemporánea de Cuba were among the performers.

COCKTAIL HOUR

On their final day in Havana the Prince and the Duchess mixed their own mojitos while visiting the privately owned restaurant Habanera.

The Prince chuckled as he struggled to crush sugar cane in a hand mill before agreeing to try

some mixed with rum. After admiring a display of Cuban dishes, the Duchess tasted goat’s cheese flavoured with ginger.

“This is just delicious,” she exclaimed, before declining one with peppers, reasoning: “Possibly a little too strong for me.”

Later she visited an equestrian centre to learn how equine therapy is helping children with autism, recovering drug users and people who suffer with multiple sclerosis. She was then treated to a dressage and showjumping display.

While Camilla was enjoying some horseplay, Charles visited the UK Ambassador’s residence to hear about the tornado that tore through Havana in January.

The visit to Cuba was the highlight of the royal couple’s 12-day tour of the Caribbean, which took in seven countries and ended in the Cayman Islands last Friday.

The Prince and Duchess visited Barbados, St Vincent and the Grenadines, St Kitts and Nevis and Grenada. Charles also made a solo visit to St Lucia.



REPORT: EMILY NASH



PHOTOS: GETTY IMAGES, NEWS LICENSING, PA PHOTOS, REX FEATURES

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HOME SWEET HOME THE SUSSEXES

PREPARE FOR FAMILY LIFE WITH MOVE TO FROGMORE

'They are understandably keen to get settled in before the baby arrives'

As the reported £3m renovation of Frogmore Cottage nears completion, Harry and Meghan are expected to move in this week ahead of the birth of their first child

As the countdown to the arrival of their baby begins in earnest, the Duke and Duchess of Sussex may well tick off a major milestone this week when they move in to their new family home.

With the reported £3million renovation of Frogmore Cottage, half a mile from Windsor Castle, nearing completion, Prince Harry and Meghan are expected to take up residence any day now.

The parents-to-be are keen to settle in before the arrival of their firstborn. As with many expectant mothers, Meghan may well be experiencing the nesting instinct and will want to make sure her home is perfectly ready for the new arrival.

A royal source told **HELLO!**: "They had always hoped to move in by early April and they are understandably keen to get settled in before the baby arrives."

HOME FOR THE FAMILY

Until now the royal couple have been living together at Nottingham Cottage, a two-bedroom house in the grounds of Kensington Palace.

They have also spent weekends at a rented four-bedroom house in the Oxfordshire countryside, where they entertained friends including George and Amal Clooney, Serena Williams and her husband Alexis Ohanian, and Meghan's mother Doria Ragland.

Now, just over five months after a planning application was lodged with Windsor & Maidenhead Council to transform it from five flats, used as staff quarters, into a five-bedroom home, Frogmore Cottage will become the

couple's official residence. Builders have been hard at work on the grade II-listed Victorian property, adding soundproofing and removing internal walls to create a kitchen diner, ensuite bedrooms, a nursery, yoga studio and gym.

Two "orangery extensions" have been added, as well as new accommodation for staff.

The finished home will provide Harry and Meghan with a secluded and leafy haven in which to bring up their child, with stunning views across the lake to Frogmore House, where they held their evening wedding reception last May.

They will be able to enjoy the beautifully landscaped gardens of the Frogmore Estate, which contain woods and glades planted with orchids, rhododendrons, camellias and lilacs. It is a world away from the busy urban setting of Kensington Palace in West London.

Friends and close family members are likely to be visitors over the coming weeks, not least Doria, who will no doubt be a regular visitor once her first grandchild arrives.

Of course, now that the final decisions about fixtures and fittings have been made, Harry and Meghan can turn their attention to another all-important issue – a name for their baby...



REPORT: EMILY NASH

1st



HELLO! readers hope the memory of Diana, Princess of Wales will live on through a new generation of royals if the Duke and Duchess of Sussex (right) have a baby girl

REVEALING THE RESULTS OF OUR POLL

A NAME FOR BABY SUSSEX

WHY SIGNS SUGGEST THE NEW ARRIVAL WILL BE A GIRL CALLED DIANA

With the birth of the royal baby now only weeks away, many people hope the Duke and Duchess of Sussex's first child will be a baby girl called Diana.

We held an exclusive poll of possible names on hellomagazine.com that saw thousands of our readers voting.

And the results show that you overwhelmingly favour naming the baby in honour of Prince Harry's mother Diana, Princess of Wales.

Meanwhile, bookmakers have told **HELLO!** they have been forced to slash the odds on the baby being a girl after a flurry of big-money bets led them to believe someone in the know had let the news slip.

"We've had a four-figure bet on the baby being a girl, which is a really big bet for what we call a 'novelty market'," Betfair spokeswoman Katie Baylis tells us. "It was placed by a customer in the London area."

We already know Harry is hoping for a daughter. When the pregnancy was announced during the couple's tour of Australia, a spectator in Sydney called out: "Congratulations, I hope it's a girl," to which the Duke replied: "So do I."

If baby Sussex, who Meghan says is due "late April, early May", does turn out to be a girl, the choice of the name Diana would be particularly poignant and would further link the Duchess to the mother-in-law she wishes she'd met.

Speaking after the announcement of her

engagement to Harry, Meghan said: "Obviously, not being able to meet his mom it is so important to me, to know that she is a part of this with us."

Harry added that the two would have been as "thick as thieves without question". "I think [Diana] would be over the moon jumping up and down, you know, so excited for me."

"But then, as I said, [they] would probably have been best friends."

Before he met his wife, Harry spoke of how he was sure Diana would have wanted him to have a family. "I'm sure she's longing for me to have kids so she can be a grandmother again," he said in 2016.

QUEEN OF THE POLL

With the baby countdown well and truly under way, we asked our readers to vote for their favourite names: seven for girls and seven for boys.

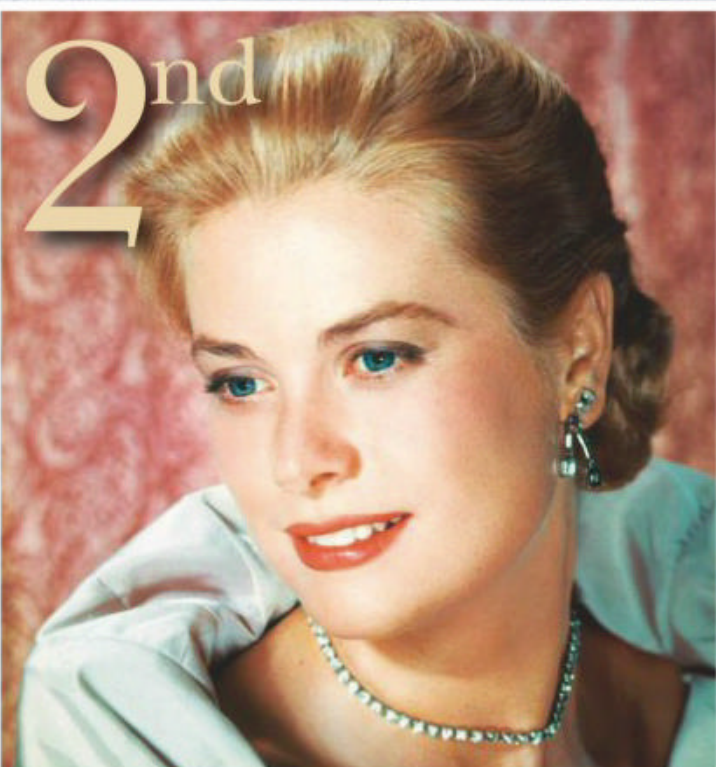
Diana came out on top, with 29% of the votes cast in the girls' category – more votes than any other name in either list.

If Harry and Meghan do opt for this, they will be going one step further than the Duke and Duchess of Cambridge, who chose Diana for one of their daughter Princess Charlotte's middle names.

On the other hand, if baby Sussex is a boy, **HELLO!** readers hope he will be christened James.

Here are some of the other names being tipped and the inspirations behind them... ▶

2nd



GRACE

A name that echoes another US actress who became a royal – Oscar winner Grace Kelly, who married Prince Rainier of Monaco in 1956. It also has a connection with our royals as Harry's cousin Zara Tindall named her first child Mia Grace.

3rd



ALEXANDRA

As the Queen's second name, this would be a way of honouring Harry's grandmother as well as her cousin Princess Alexandra, who has been a long-time confidante of the monarch.

GIRLS

4th



VICTORIA

Queen Victoria ruled Britain for 64 years until her death in 1901 – a record surpassed only by her great-great-granddaughter, our Queen.

'We've had a four-figure bet on the baby being a girl. It was placed by a customer in the London area'



5th



ALICE

This name would be a touching tribute to the Duke of Edinburgh, with whom Harry has a strong bond, as his mother was Princess Alice of Battenberg. The Princess Royal and Lady Louise Windsor, the daughter of the Earl and Countess of Wessex, both have Alice as a middle name.

6th



SOFIA

As Spain's former queen is called Sofia, choosing this name would honour the royal family of one of our close European neighbours. It is also the name of King Felipe and Queen Letizia of Spain's youngest daughter.

7th



ELIZABETH

Despite this being the name of Harry's grandmother, HELLO!'s readers did not think it a likely choice as a first name for baby Sussex and it gained only 6% of the vote.



1st

JAMES

There have been seven kings of Scotland called James dating back to the 15th century, so it is a very regal name. Viscount Severn, the son of Harry's uncle Prince Edward, is called James.

'I hope it's a girl,' said a wellwisher in Sydney. 'So do I,' replied Harry

4th

ALBERT

Prince Albert was the beloved husband of Queen Victoria and together they had nine children. Their relationship has been the cornerstone of the hit ITV1 show *Victoria*, which returned to our screens last month, with Jenna Coleman as the monarch and Tom Hughes as Albert (above).

PHOTOS: BRIAN ARIS/CAMERA PRESS. CAMERA PRESS. GETTY IMAGES. PA PHOTOS. REX FEATURES. TERENCE DONOVAN/CAMERA PRESS



2nd

PHILIP
As the royal family's proud patriarch, Prince Philip, who turns 98 in June, has been a guiding influence on Harry. As well as pursuing careers in the military, both men also share a love of polo, so it is no surprise this name features highly. Once asked to describe his grandfather, Harry replied: "Just one word: legend."



3rd

ARTHUR
The name of the "once and future king" of England, Arthur has particularly strong royal connotations and is a middle name for the Prince of Wales, his son and heir Prince William and his younger grandson Prince Louis.

BOYS



5th

HENRY
Eight kings of England have been called Henry and it frequently appears in the top ten lists of children's names. It is also, of course, Prince Harry's true name.

RICHARD
Who hasn't heard of King Richard I, the Lionheart, who commanded his own army at the tender age of 16? With Harry's extensive military background, this is a name that might well appeal.



6th



7th

EDWARD
In the royal family for centuries, Edward has been the name of choice for eight kings as well as the Queen's youngest son.



TAKING A TRIP DOWN MEMORY LANE THE DUCHESS OF CAMBRIDGE SCOUTS OUT NEW PURSUITS FOR HER CHILDREN

She is known for being active and loves the great outdoors, and now the Duchess of Cambridge says she wants her children to follow in her footsteps by joining the Scouts.

Kate, who was once a Brownie, recalled precious childhood memories last week when she joined children for fun outdoor activities at the Scout Association's headquarters in Essex.

The Duchess became a Scout volunteer in 2012 and wore a Scout scarf tied in a friendship knot around her neck for the visit.

Showing she's still in touch with her playful side, she got down on her hands and knees to crawl inside a tepee-style den that some Beavers, the youngest section of the Scouting family, had built from branches, twigs and leaves, declaring: "It's very cosy in here."

Kate has also planned a similar den for the woodland wilderness garden she has co-designed for next month's RHS Chelsea Flower Show.

"Wow, did you build this? It's a very good den. I'm very impressed," she told the youngsters. "How long did it take you to build – a whole day? Have any of you ever spent the night outside, with the animals and owls? That might be fun."

When one of the children poured a cup of water on the roof to test how watertight it was, Kate said: "It's very waterproof in here... Can

someone help me out of here? Can someone pull me out?"

Frankie Newbury, an early years pilot project leader, said of the Duchess: "She got straight in there with one of our Beavers and checked it out. It was wonderful, and the Scouts absolutely loved her. The highlight was the Duchess smack bang in the middle of it all, getting in a den – braver woman than I am. She is a complete natural in this situation and it was very much her comfort zone."

"She engaged with each of the children and cared what they were there to do and what experience they've had. She has been a volunteer so she understands just how wonderful Scouting is for these young people. It was nice for her to experience that vision again. That appreciation for what Scouting does was refreshed for her."

SCOUTING COMMUNITY

Kate was at Gilwell Park, on the edge of Epping Forest, to learn more about a pilot scheme to bring Scouting to younger children. The Park, which celebrates its 100th birthday this year, is a training and adventure centre and campsite that is recognised around the world.

During her visit Kate spoke of how she enjoys spending time outdoors with her children Prince George, five, Princess

The Duchess of Cambridge arrives at Gilwell Park, the "spiritual home" of the Scouting movement, to learn more about its early years pilot schemes. She later admired the badges earned by some of its members (above right)

'The highlight was the Duchess smack bang in the middle of it all, getting in a den'



Kate gets snug in a den built by the youngest Scouts, Beavers. Before crawling inside she chatted to the children who built it (below left). The tepee-like hideaway is similar to one in the garden she has co-designed for this year's RHS Chelsea Flower Show (below)





'The Duchess said she wants to bring her children up in the Scouting community'

Charlotte, three, and Prince Louis, who turns one later this month. She also expressed her hope that her children will one day join the Scouts. The organisation was founded for boys in 1907 by Lord Baden-Powell and has become the largest mixed youth organisation in the UK – girls could join all its age groups from 2007.

Tahseen Patel, a 17-year-old Explorer Scout from Blackburn, said: "The Duchess was really interested in the kinds of activities Scouting offers that children can't always learn or have access to in schools. She said she wants to bring her children up in the Scouting community and that she's tried lots of activities at home with them, but would love them to become Scouts. She said Prince George hasn't joined yet, but hopefully soon. I think that would be great – George could be a little Scout ambassador."

GREEN FINGERS

Kate was also shown the Gilwell Oak. Estimated to be more than 450 years old, the tree is said to have been used as a hiding place by 18th-century English highwayman Dick Turpin.

The Duchess helped children do a hand painting of the tree. "Shall I choose a colour?" she asked. "I think I'll go for green."

Kameron Liddar, 16, who helps out at a Scout group in Wallingford, Oxfordshire said: "She got fully involved with the hand painting and ended up with a green hand. As a mum you can see she has the talents. She was very friendly with [the children] and knew what to do with them. She wasn't afraid to get a little bit grubby."

Kate, wearing ankle boots,



Kate joins in with a rocket-launching activity (above and left). She herself was once a Brownie (right) and hopes her three children will one day follow in her footsteps and become Scouts. "I think that would be great," said Explorer Scout Tahseen Patel. "George could be a little Scout ambassador"





Kate gets hands-on with some painting. She also had a go at boat building (below) before posing for a group photo (bottom)

later planted a little sapling oak to mark Gilwell Park's centenary, and joked: "Normally I have to do this in high heels – this is much easier."

Before leaving she was shown the site's faith garden, which houses a mosque, a synagogue and a Buddhist pavilion, or *sala*, that was built by Scouts from Thailand in 1967.

The Duchess, whose recent work has focused on early intervention and young children's development, first became involved with the Scouts

in 2012 as a volunteer leader with a Cub Scout pack in Anglesey, where she and her husband the Duke were living at the time.

The Scouts take children from the age of six, but with research showing that key skills and attitudes are formed in the very early years of life, the association plans to open its doors to children as young as four, testing schemes in 20 groups. **H**

REPORT: TRACY SCHAUEREN





HAPPY AND GLORIOUS THE QUEEN ALL SMILES ON A SPRING DAY IN SOMERSET

The Queen was delighted to find herself in some horsey company during a busy and varied day of engagements in Somerset last week.

A lifelong fan of all things equestrian, she began her day with a visit to Manor Farm Stables, where she was greeted by champion trainer Paul Nicholls.

Her Majesty looked perfectly at home as she admired the racehorses and patted them as she fed them carrots and mints, while one made a beeline for her handbag.

Dressed for the spring weather in a lime green and ivory Angela Kelly summer tweed dress and coat, with a matching hat and diamond star brooch, she watched as 25 steeds were paraded around the yard.

Her Majesty inspected six of the horses more closely, including Politologue, second in the recent Queen Mother Champion Chase at the Cheltenham Festival, as well as Newbury winner McFabulous.

She spoke to vets, stable hands and a blacksmith, as well as trailblazing jockey Bryony Frost, who last month became the first woman to win a Grade One race over jumps at Cheltenham. Bryony chatted happily despite having her arm in a sling after breaking her collarbone in a recent fall.

"When you treat that horse do you need a ladder?" the Queen asked veterinary physio Teresa Dufosse about a large chestnut horse called Top of the Game. Told that she used a block, the Queen responded: "What an interesting job."

The royal, who had travelled to the West Country on the Royal Train but returned by helicopter, also met researchers from the University of Bath, who are working on projects

on equestrian sport spinal injuries. Dr Benjamin Metcalfe showed her a device he and his team have dubbed a "Fitbit" for horses, which measures heart rate and movement.

"So is this the heart rate?" the Queen asked. "Fascinating."

As she left, Paul presented her with a photo of him in 1987 being awarded the Hennessy Cup at Newbury by the Queen Mother. The Queen joked: 'You've grown a bit.'

The horse theme continued on the next engagement at King's Bruton School, where the 92-year-old monarch officially opened the school's new music centre. While there she named a new police horse Windsor and was reunited with Jubilee, a Somerset and Avon police horse she had named previously.

A NOSE FOR NEWS

The Queen, who had been greeted by excited schoolchildren, fed both horses Polo mints – prompting Windsor to sniff her handbag, to the amusement of the crowd. "Oh gosh, the new police horse isn't used to all the cheers and cameras so I had to give him an extra Polo. He got my gloves all sticky," she said.

On hand to greet her during her visit was former pupil Christopher Bournes Rhys-Jones, father of her daughter-in-law the Countess of Wessex, as well as The Corrs drummer Caroline Corr, who has two children at the school.

The Queen's final engagement of the day was at Hauser & Wirth multi-purpose art gallery at Durslade Farm. Her granddaughter Princess Eugenie is a director at the gallery's London branch. **H**

REPORT: TRACY SCHAUEREN

62 The Queen springs into action in a green tweed coat and matching floral hat and (above right) wears a smile as bright as the spring sunshine on a day of engagements in the West Country



Mane attraction: The Queen meets the residents of Manor Farm Stables accompanied by top racehorse trainer Paul Nicholls (above). During a packed schedule, the Queen is charmed by cheering children on a visit to King's Bruton School (right) and looks blooming marvellous on a tour of nearby Hauser & Wirth art centre at Durslade Farm (below)





GOING THE EXTRA MILE KIRSTY GALLACHER ON HER MARATHON EFFORT ON BEHALF OF HER FAVOURITE MAGAZINE

Kirsty powers her way through training (below) ahead of her toughest sporting challenge yet. "It's so important that I do SafeHands For Mothers justice and raise awareness for their fabulous cause," she says

It is a perfect spring day, the sunshine matched only by TV presenter Kirsty Gallacher's warm personality and radiant glow as she talks about her latest challenge – running the London Marathon.

"I feel fitter and healthier now than I've ever been," the 43-year-old mum of two tells us during our exclusive photoshoot.

Kirsty will proudly fly the flag for **HELLO!** when she tackles the gruelling 26.2-mile run through the capital on 28 April to raise money for SafeHands For Mothers, a charity that harnesses the power of film-making to empower and educate women and girls living in disadvantaged communities and that has a close relationship with the magazine.

Having taken part in *Strictly Come Dancing*, Kirsty's known for pushing herself to the limit. But taking on the London Marathon is her biggest sporting trial to date.

"I've always wanted to do the Marathon – it's a big personal challenge for me," she says. "The balance in my life is right, I feel very energised."

Long-distance running is far out of her

comfort zone, but she's having fun.

"I'm loving every minute of training," she says. "But it's tough."

Her regime includes increasingly longer runs on top of her regular gym sessions with personal trainer Mel Deane. "He makes it such fun," she says, with a smile.

But her biggest motivation is the thought of making her children Oscar, 12, and nine-year-old Jude proud. The two youngsters will be cheering their mum on from the sidelines on the big day.

What will also keep Kirsty going is the work done by SafeHands For Mothers, which creates positive change for women, men and young people around the world.

"It's so important to me that I do SafeHands For Mothers justice and raise awareness for their fabulous cause," she says. "I'll be thinking of all the women I'll be helping while I run. The Marathon is nothing compared to what they cope with."

"Every two minutes, a woman somewhere in the world dies needlessly in pregnancy and childbirth," she adds. "That's unfathomable for me."

She is also proud to be representing **HELLO!**. "I ▶

'I've always wanted to do the Marathon. I'll be thinking of all the women I'll be helping while I run'



Taking time out from training for the London Marathon, Kirsty tells us why she's chosen to run on behalf of HELLO! to raise funds for SafeHands for Mothers. "The Marathon is nothing compared to what these women cope with," she says



ADDITIONAL PHOTOS: JAMES ROBINSON. KIRSTY GALLACHER. BODY: RIVER ISLAND. TROUSERS: LAVISH ALICE. (RIGHT) JACKET & BODY: FRENCH CONNECTION. SHORTS: NEW BALANCE AT FIGLEAVES. SHOES: OFFICE

Kirsty takes a moment to enjoy the spring sunshine. The former Sky Sports presenter has a host of projects coming up – but first she'll be recharging her batteries in Dubai before tackling the 26.2 mile marathon

'Oscar loves golf, so that keeps my dad happy. Jude is more of a glory boy - he likes to see a goal scored'

love **HELLO!**," she says. "It's such a positive magazine and we've got a lovely relationship."

Her fondest memory of the magazine is introducing Jude to the world following his birth in 2010.

"I often pick up my copy of that issue and it makes me really emotional. It's wonderful to have such a gorgeous memento."

Nine years on and Kirsty is in her element as she poses for our photoshoot in the blissful surroundings of Coworth Park, Dorchester Collection's luxury country house hotel and spa in Ascot.

She lives a stone's throw from the Berkshire hotel and loves to visit their five-star spa facilities. "It's a home from home," she says.

NEW BEGINNINGS

Running the marathon comes at a time of great change in Kirsty's life after leaving her 20-year presenting role at Sky Sports.

"I had a great time there but I felt it was the right time for me to go and do other things," she says. "My work-life balance was hard, I was working long hours and I missed a lot of the kids' activities."

She has plenty of exciting plans in the pipeline, including joining Dermot O'Leary once more to host Soccer Aid for Unicef in June. There are also TV projects to be announced plus her presenting slots on BBC Radio 5 Live and Classic FM. "I'm a huge classical music fan," she says.

And there will be plenty of quality time with her sons, who share a passion for sports and fitness with both their mum and their former rugby player father, Kirsty's ex-husband Paul Sampson.

"Oscar loves golf, so that keeps my dad happy," she says, referring to her golfing legend father Bernard.

"Jude is more of a glory boy – he likes to see a goal scored."

The approach of the teenage years "scares the living daylights" out of Kirsty, but she says she couldn't be prouder of her "lovely boys".

She adds: "I get very emotional. The relationship between a boy and his mum is very special and I know they'll always have respect for women."

There will be more fun with Jude and Oscar when they all jet off to Dubai during the Easter break to give Kirsty some rest before she tackles her mammoth run.

"I need to do nothing for a few days and recharge," she says. "Then I'll be raring to go for the marathon."

H

INTERVIEW: EMILY HORAN
PHOTOS: DAN KENNEDY

STYLING: KATE BARBOUR
HAIR & MAKE-UP: AMANDA GROSSMAN
AT THE WALL GROUP

HELLO!'s editor in chief Rosie Nixon is proud to be an ambassador for SafeHands For Mothers and we would greatly appreciate your support to help Kirsty reach her £20,000 target. To donate, visit uk.virginmoneygiving.com/Kirsty_Gallacher.



Kirsty strikes a pose at the beautiful Coworth Park hotel in Ascot and (inset left) goes all-out glam with 67 SafeHands For Women's founder Nancy Durrell McKenna last October

WITH A STAR TURN AT THE OLIVIER AWARDS BEVERLEY KNIGHT HITS A HIGH NOTE AS SHE CELEBRATES 25 YEARS AT THE TOP

This year is a momentous one for Beverley Knight. The “queen of British soul” is celebrating 25 years at the top of her game and she’s on cloud nine.

“I’m exceptionally proud I’m still here after all this time. I still have things I want to say and people still want to hear them,” the West End star and singing sensation, whose biggest hits include *Get Up!* and *Shoulda Woulda Coulda*, tells **HELLO!**.

“Now 25 years on, the trajectory is upwards and hasn’t flatlined – it’s mad,” she laughs in her typically bubbly manner.

Beverley, 46, has a jam-packed year of special events ahead, starting with a poignant performance at the Olivier Awards on Sunday.

She will be singing during the show’s In Memoriam section, as it pays tribute to members of the London theatre community who passed away in the previous year.

“It’s an honour to be asked,” she says of the annual theatre awards ceremony, hosted this year at the Royal Albert Hall by comedian Jason Manford. Her performance, however, is sure to be emotional.

“They’re the most difficult to do,” Beverley says. “It’s a delicate balance between having enough emotion that the song rings true, but not so much you can’t get the words out.”

Attending the prestigious awards will be the Duchess of Cornwall. But performing in front of royalty is something this star is used to.

“Once I’m on stage, I do my thing,” says Beverley, who has sung for the royal family many times, including at the Queen’s 90th birthday celebration concert at Windsor Castle in 2016.

On Olivier night, theatre buff Beverley has a few shows she’d like to see win big: *Caroline, Or Change*; *Come From Away*; *Nine* and *The*

Inheritance. Her own stage credentials are impressive too. She made her West End debut in 2013 as Rachel Marron in *The Bodyguard* – a role she returned to in 2016 – and trod the boards in Andrew Lloyd Webber’s *Cats* and in *Memphis: The Musical*.

After the Olivier Awards, Beverley will showcase her powerhouse vocals at a sell-out concert at London’s Royal Festival Hall on 23 May with a live orchestra. She then embarks on a ten-date UK tour celebrating the songs of Stevie Wonder, and will duet with singing legend Andrea Bocelli for four shows in October. Also on the agenda are festival appearances, including at Cornbury and Kew the Music at Kew Gardens, where she will headline alongside Billy Ocean.

EVENTFUL YEAR

“Sometimes I look at my diary and every single day has got something pencilled in.

“My husband tells me to break it down and take one day – sometimes one hour – at a time,” says Beverley of her husband of seven years, production technician James O’Keefe. “He has played a big part in helping me make the right decisions throughout my career.”

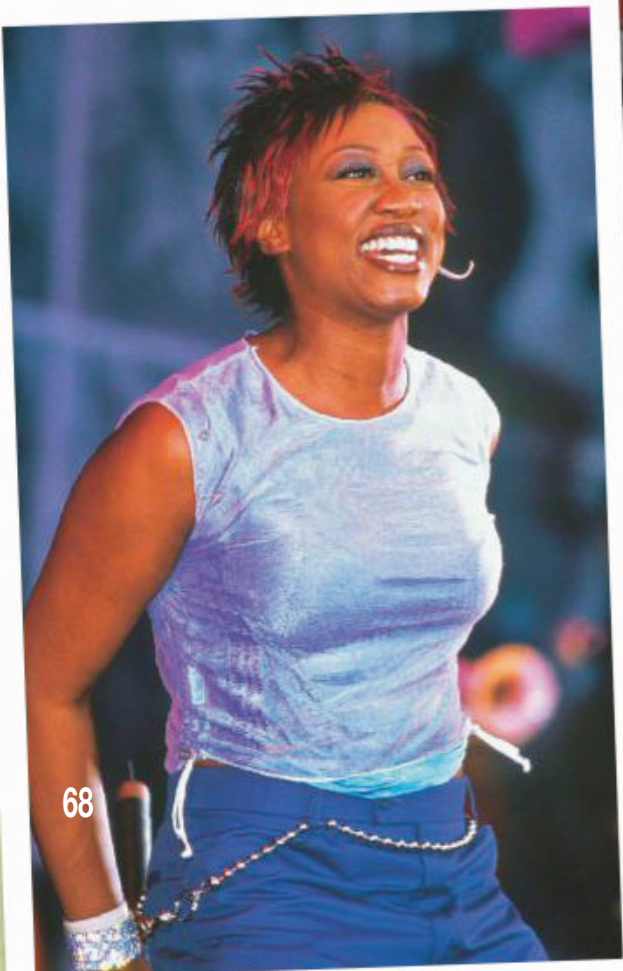
When she’s not throwing herself into work, Beverley is passionate about championing women’s rights.

“I work closely with Annie Lennox and I’m a founding member of The Circle, a charity that works to empower women across the world. I love getting involved in things that move and inspire me,” she says.

Reflecting on the star-studded year ahead, Beverley smiles. “There’s so much going on,” she says. **H** “I can’t wait.”


INTERVIEW: EMILY HORAN

The Olivier Awards 2019 with Mastercard are on Sunday 7 April at the Royal Albert Hall and broadcast on ITV and Magic Radio.




In fabulous form on stage in 1999 (left), Beverley puts in a vintage performance nearly 20 years later for the Queen’s 90th birthday (above). With husband James O’Keefe (right) and at a celebration of ten years of women’s rights charity The Circle, with fellow campaigners Livia Firth – and her husband, actor Colin – and Annie Lennox (far right)





'I'm exceptionally proud that I'm still here after all this time. I can't wait for this year'



A quarter of a century after she first hit the scene, Beverley has just celebrated her 46th birthday and looks forward to making even more music. "The trajectory is upwards," she tells us with a smile

AT HER STYLISH HOME, BEULAH LONDON CO-FOUNDER LADY NATASHA RUFUS ISAACS TALKS FAMOUS FRIENDS, PUTTING FAMILY BEFORE FASHION AND STAYING TRUE TO HER ETHICS



Her love of fashion started as a child, inspired by her mum's wardrobe – "I used to like playing dress-up in her vintage clothes" – and now Beulah London co-founder Lady Natasha Rufus Isaacs's daughter Georgia is showing a similar passion.

"She has an eye for fashion and appreciates the prints, bright colours and silks. She's a very girlie girl," smiles Natasha as she welcomes **HELLO!** to the family's West London home for our exclusive photoshoot with her husband, lawyer Rupert Finch, and their daughters Georgia, four, and 22-month-old Cienna.

While Natasha's firstborn is showing an early appreciation for the ethical fashion label's exquisite floaty, feminine style, Beulah already has an impressive fanbase – including the Duchess of Cambridge and her sister Pippa Middleton, Princess Beatrice, Jessica Alba, Holly Willoughby and Livia Firth.

"It's always amazing to see celebrities wearing our dresses," she says of the brand she set up with her friend Lavinia Brennan almost a decade ago. "But equally, if I'm on the Tube and spot someone with one of our scarves, that's just as exciting."

With royalty and celebrities among their loyal clientele, their first inkling that one of their designs has been chosen for a high-profile event is when their website crashes.

"It definitely goes crazy. When Holly wore our shirt dress and put it on her Instagram she totally crashed our website for about three days," she says with delight.

Kate has been a long-time supporter of the brand, wearing a stunning red full-length Beulah gown as early as 2011 – "It was our first season and we had only one in stock and the phone was ringing off the hook" – and most recently in January, when she chose an elegant green dress by the label to visit Family Action, a charity supporting disadvantaged children.

"She is a great British ambassador and supports British brands," says 35-year-old Natasha, who attended the royal wedding in 2011. "With Kate we always get an influx of interest from the UK and the US. In particular, women in the States tend to buy exactly the style she's wearing."

Natasha is especially proud that the women who wear

NATASHA'S DRESS: KATE SPADE AT FEINWICKS; RUPERT'S SHIRT: KARIM MAHER AT WOLF & BADGER; BOOTS: MONSOON; SHOES: STEP2WO; CIENNA'S DRESS: RACHEL RILEY; SOCKS: MONSOON; SHOES: PEPA & CO. (INSET LEFT) DRESS: HAYLEY MENZIES AT WOLF & BADGER; EARRINGS & BANGLES: ANNOUSHKA



Lady Natasha and husband Rupert Finch at their West London home with Georgia, four, and 22-month-old Cienna in the expansive living and kitchen space, where the family spend most of their time



Fabulous line-up (from left): Beulah co-founder Lavinia Brennan, Natalie Pinkham, Princess Beatrice and Natasha at last year's Beulah London store opening

(RIGHT) NATASHA'S DRESS: BEULAH LONDON. EARRINGS: SORU. RUPERT'S TOP: JOHN SMEDLEY AT FENWICK. BOOTS: GUCCI AT ALEX AND ALEXA. TIGHTS: GAP. SHOES & HAIRBAND: PEPA & CO. CIENNA'S DRESS: GUCCI AT ALEX AND ALEXA. TIGHTS: GAP. SHOES & HAIRBAND: PEPA & CO.



Beulah also buy into its strong social ethos, as the idea for the fashion label was conceived in India to help vulnerable and trafficked women.

"In 2009, Lavinia and I spent two months working in Delhi with women who had been trafficked. Now a big part is creating employment opportunities. We donate 10% of every sale back to the Beulah Trust, which helps provide women with a chance to build a new life, free from abuse. We chose the word Beulah as it suggests coming out of a place of darkness into freedom."

FASHIONING FAMILY TIME

Reflecting on starting the brand, she says: "I was quite naive and went into it blindly, but we've learnt a lot over the years. I couldn't have done it on my own. It's a passion shared with Lavinia."

Since starting the business – in Lavinia's mum's basement – what has been Natasha's greatest achievement? "Beulah was my baby but suddenly I had my children, too. My biggest achievement is having kids and figuring out how to juggle the workload. But family always comes first."

Two friends – TV presenter Natalie Pinkham and *Good Morning Britain*'s Charlotte Hawkins – embarked on first-time motherhood at the same time. "I went to antenatal classes with Pinks and Charlotte. It helped having friends who are working mums going through it all, too."

"I went back to work quite quickly and found the transition tricky. I had an investment meeting two weeks after Georgia was born – I look back and think I shouldn't have been let out of the house! I remember looking down and seeing baby sick on my trousers."

"Becoming a mum is life-changing. You become a lot less selfish having these little children who are so dependent and devoted."

She also gives credit to Rupert, whom she married in 2013 in a lavish ceremony attended by royalty including Princess Eugenie and her now husband Jack Brooksbank.

"He keeps me calm," she says, particularly over two years of building work as their home was renovated with the help of ▶

Natasha tells us that there are plans for Beulah to extend its stylish interiors collection, showcased by the beautiful cushions scattered around her home



'Beulah was my baby, but suddenly I had my children too... Family always comes first'



"Rupert has been such a support in the business," says Natasha of her husband, a corporate lawyer. "He's quite a chilled, mellow guy and a wonderful dad"

'Kate is a great British ambassador. Women in the States tend to buy the exact style she's wearing'

interior designer Rebecca Hughes. "I just about kept my sanity through it all. I'm a bit like a swan: everything might seem serene but underneath I'm bubbling."

GIVING BACK

Her father Simon, the 4th Marquess of Reading, instilled her social conscience. "On Christmas Eve, he'd take us to homeless shelters to give out food. He helped ex-offenders become rehabilitated into society. It showed us we should appreciate how lucky we are and so should give back."

It's something she'll encourage in her girls. "I'd love to take them to India and get them involved when they're older. Slavery is happening even on our doorsteps."

But for now she's delighted when "they ask to help out in the shop on Saturdays", she says. "I love them being involved in my work."

The opening of the shop in Elizabeth Street last year was attended by bride-to-be Lady Gabriella Windsor. "I was brought up with Gabriella as we lived nearby in Gloucestershire. We'd spend hours playing. She's a lovely girl."

Wedding season is a highlight of Beulah's year. "We have crazy summer months as women come to us for weddings, christenings and days out such as Ascot," says Natasha, who reveals plans to extend the interiors range – and childrenswear could make a bigger splash next year. "I'll push for that – mummy-and-daughter dressing."

With a royal baby arriving soon, the timing couldn't be better. Does she think the Duchess of Sussex will have a boy or a girl? "Probably a girl," she smiles – and, as a mum of two daughters, she can highly recommend it.

H

INTERVIEW: JANE DOWDESWELL
PHOTOS: DAVID VENNI

STYLING: ALEXANDRIA REID AT FRANK AGENCY
HAIR & MAKE-UP: ALISIA RISTEVSKI USING ELEVEN AUSTRALIA
FOR HAIR AND NO7 & CHARLOTTE TILBURY FOR MAKE-UP



Star power: When the Duchess of Cambridge (left, in Bhutan in 2016) and Holly Willoughby (far left) wear Beulah dresses, the company's website "goes crazy"

ADDITIONAL PHOTOS: GETTY IMAGES, HOLLY WILLOUGHBY, REX FEATURES, INTERIOR DESIGN: REBECCA HUGHES INTERIORS.COM





Royal support:
Princess Beatrice
with shoe queen
Charlotte Dellal



Pink ladies:
Tamara
Beckwith and
daughter
Anouska

HANDBAG LAUNCH IS TOTES AMAZING

Stars had bags of energy at a champagne reception to celebrate the launch of socialite Alice Naylor-Leyland's second collaboration with Misela – a summer bag that is at home on the beach or in the city. Princess Beatrice led a sparkling roster of guests as she chatted with footwear designer Charlotte Dellal at the accessories label's new store in Mayfair. Model mother and daughter Yasmin and Amber Le Bon looked catwalk ready as they posed up a storm to support their friend.



Bags of style: Alice
Naylor-Leyland is
flanked by mother-
and-daughter model
pair Yasmin and
Amber Le Bon



We are family:
Nicola Brown, Molly
Osborne and Harriet
Bunton, who play
sisters in the show



Lady in red:
Musical stage
star Hannah
Waddingham



Star support:
Singer Natalie
Rushdie and
comic actress
Helen Lederer

RAISING THE ROOF AT FIDDLER'S RETURN

Stars including singer Natalie Rushdie and comic actress Helen Lederer gave a resounding *mazel tov* to the cast of *Fiddler on the Roof* at the latest **HELLO!** Theatre Club event following the classic musical's first night at London's Playhouse Theatre. After giving the cast a standing ovation, our guests headed to 8 Northumberland Avenue for a glitzy afterparty, where they sipped on Moscow Mule cocktails and feasted on bagel canapés followed by doughnuts and chocolate fountains.



Andy Nyman,
who stars as
Tevye, with
David Baddiel

Play mates:
Acting pair
Charlotte
Spencer and
Jack Fox



Blazer glory:
Jodie Kidd
shines in
her bright
jacket and
floral maxi



Two for TV:
Presenters
Jenni Falconer
and Gaby Roslin



Jumper for
joy: Binky
Felstead



THE ESSENTIEL GUIDE TO SPRING STYLE

Stylish celebrities brought a taste of spring to Sloane Square as Belgian fashion label Essentiel Antwerp opened its first UK store. Looking radiant in sunny hues were model and presenter Jodie Kidd in a floral maxi dress and canary yellow blazer, while ex-*Made in Chelsea* star Binky Felstead shone in a mustard sweater. Other famous faces included presenters Jenni Falconer and Gaby Roslin and designer Tabitha Webb, who all relished the chance for a spot of retail therapy.

A passion
for fashion:
Makeover
maven Trinny
Woodall



Game on:
Sports
presenter
Charlie
Webster



A CHARITY WALK ON THE WILD SIDE

Presenter Charlie Webster and *Strictly Come Dancing*'s Dr Ranj Singh were among the famous faces going wild at a charity screening of Netflix film *Mowgli: Legend of the Jungle*. Also at the Everyman cinema on London's Baker Street were *Mowgli* director Andy Serkis and his actress wife Lorraine Ashbourne, who revealed an ambitious plan to trek to Everest Base Camp in Nepal to raise money for Best Beginnings, which works to give every child the best start in life.

Star trek: *Mowgli*
director Andy Serkis
and wife Lorraine
Ashbourne plan a
charity trip to Nepal



Best Beginnings
founder Alison
Baum with
ambassador
Dr Ranj Singh



SHOWING SHE'S STILL AT THE TOP OF HER GAME
CLAUDIA SCHIFFER
REFLECTS ON LIFE AS A SUPERMODEL AND REVEALS
HER THOUGHTS ON THE NEW FACES OF FASHION



Claudia poses here in images to promote French fashion label ba&sh. In 2017 she reunited with fellow supermodels (above, from left) Carla Bruni, Naomi Campbell, Cindy Crawford and Helena Christensen for Versace at Milan Fashion Week



Time appears to be standing still for Claudia Schiffer. The 48-year-old German supermodel looks just as stunning as she did in her 1990s heyday, when she and her contemporaries Cindy, Christy, Linda and Naomi – so famous they didn’t require surnames – dominated the fashion industry.

Reflecting on years spent jetting around the world for photoshoots and attending the most glamorous parties, Claudia thinks the industry is better regulated for today’s top models, including Kendall Jenner and Gigi Hadid, than 20 years ago.

“It’s a lot more civilised now,” she said in a recent interview with our sister magazine **¡HOLA!**. “Before, we worked until four in the morning and then were on a plane at seven. Now [models are] also more looked after when it comes to their mental and physical health.”

That said, Claudia acknowledges that social media has created additional demands for a new generation of models.

“They feel a lot of pressure because they have to

document everything,” she said. “But it also means that you have a closer relationship with your fans.”

FACE TIME

The beloved muse of legendary designers Karl Lagerfeld and Gianni Versace, Claudia spends much of her time these days with her family – she has a son and two daughters with her film director husband Matthew Vaughn.

However, she still keeps her hand in the world of modelling and in 2017 reunited with her fellow supermodels for Versace’s spring/summer 2018 show at Milan Fashion Week. She is currently the face of French label ba&sh’s 1990s-inspired spring campaign, for which she poses on these pages.

“Fashion has always been my life and I never imagined doing anything that didn’t involve fashion,” she told **¡HOLA!**.

Batting away compliments on her looks, she said: “All projects take work, but if you’re doing what you want, things always work out well.” ▶

'I think I've accomplished all my dreams... Having said that, there's always something left to achieve'



Claudia sees how modelling has changed over the decades: "Everything moves so quickly because of social media, and it makes it more demanding for us as models." In her heyday (below left, in 1991), she faced no such challenges



For Claudia, reuniting with Cindy Crawford, Naomi Campbell, Carla Bruni and Helena Christensen for the Versace show, which honoured Gianni Versace 20 years after his murder, was a highlight. "We were really excited. I remember the day that Gianni Versace opened the doors of the fashion world to us."

And explaining the impact the original supermodels had on the world, she said: "I think that each one of us had a quality that made us stand out, and that's something that people don't forget."

In February Claudia mourned the death of Karl Lagerfeld, writing on Instagram: "Karl was my magic dust, he transformed me from a shy German girl into a supermodel."

A few weeks later she attended Chanel's autumn/winter 2019 show – Karl's final collection for the French fashion house – during Paris Fashion Week.

Describing him as "creativity personified", she told **¡HOLA!** of her fellow countryman: "Karl Lagerfeld gave me a philosophy which I always stick to and I've never forgotten. It was simply that I just be myself. I've always trusted my instincts and I'm always true to myself."

With that in mind, Claudia is working with ba&sh. "I've worn their clothes for a while, and I love their style and their values. The campaigns are always very natural and caught my eye."

PERSONAL STYLE

Describing her perfect outfit as "fringed boots, a grey T-shirt, high-waisted jeans and a chunky knitted cardigan", she says she likes to mix it up on the red carpet and experiment with different designers.

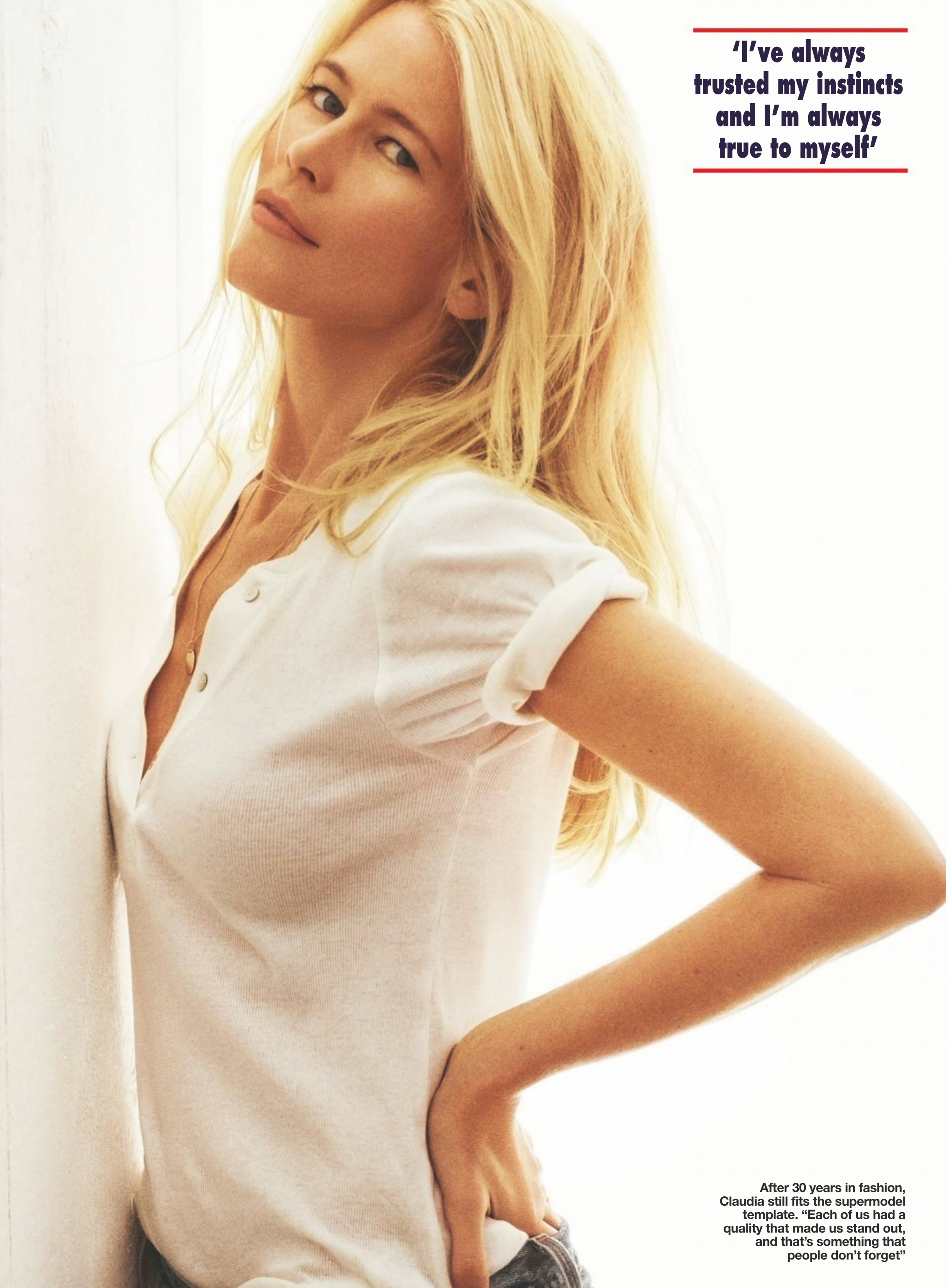
"I love black and red. Although I don't usually wear high heels, that type of occasion calls for it."

While modelling is her first love, she has always had an interest in film. Having dabbled in acting – her most noteworthy role was in *Love Actually* – she now produces, working alongside her husband.

Under her married name Claudia Vaughn, she has been an executive producer on five films, including the upcoming Sir Elton John biopic, *Rocketman*.

"I think I've accomplished all my dreams, since I'm working doing what I love and what inspires me. I am healthy and I have a family that I adore. Having said that, there's always something left to achieve." **H**

REPORT: LAURA BENJAMIN
PHOTOS: MIKAEL JANSSON



**'I've always
trusted my instincts
and I'm always
true to myself'**

After 30 years in fashion, Claudia still fits the supermodel template. "Each of us had a quality that made us stand out, and that's something that people don't forget"



JOINING THE TEAM ON TV'S 'A PLACE IN THE SUN' JEAN JOHANSSON REVEALS WHY HER BRIGHTEST MOMENTS ARE WITH HER 'GREAT LITTLE GUY' JUNIOR

She has a dream role on television flying around the world as the newest presenter of *A Place in the Sun*, but there is nowhere more special to Jean Johansson than being at home with her son, eight-year-old Jonathan, known as Junior.

As she invites **HELLO!** to the beautiful mansion in the Scottish countryside where she has lived for the past ten years with her Premiership-footballer-turned-manager husband Jonatan, she tells how it was her wish to have children that first convinced her this extraordinary home with views over the Firth of Clyde was the place for them.

"My first thought when I saw it was: 'It's too big,'" she says of the property, built in 1910 by the Whyte family of the Whyte & Mackay whisky dynasty, and considered to be one of the finest Edwardian houses in the west of Scotland. "But then I fell in love with it as soon as I walked through the front door – how homely it felt, it had a warmth to it. I could see a family living here and I started imagining lots of little kids running around," she smiles. "Then it turned out we had just the one."

And "the one" could hardly be more special to Jean and Jonatan. Arriving home from school, Junior drops off his bag and heads straight outside. "He's a great little guy and he loves the outdoor life," says Jean. "We have a putting green at the side of the house and football goals at the back. It's very much his adventure playground. He loves tennis, he cycles, but his passion is football. On a Saturday, Junior and I go to all the home games. It's a lovely bonding time, and it's great for Junior that he has a built-in coach at home."

BIG BOOTS TO FILL

Do they think Junior might one day follow in his father's footsteps? "Jonatan was a child star in his home country of Finland, and came through the ranks to play in the English Premiership," says 37-year-old Jean of her husband, who now manages Scottish Championship side Greenock Morton. "It's inspiring for Junior. When he is older I think he would love to play professionally, most little boys would, but we don't want him to feel any pressure to ►



'I fell in love with our home as soon as I walked through the front door'



When she's not filming in sunnier climes, it's on with the wellies in the garden of her stunning Scottish country home (above); 83 and off for a kickabout with eight-year-old Junior (above left)



Framed by the dramatic windows of her own dream home, Jean clearly has an eye for property. "As a footballer's wife I've had to move so often. I am so used to arriving in a new place... having to find a home to live in"

'It's being a mum that anchors you. It's what I always come back to'



be like his dad, so at the moment football is about exercise, being outside, commitment, and all those lessons about being part of a team. That's what we want to instil in him for now."

Jean and Jonatan met more than 20 years ago, at the start of his career at Scottish Premier League giants Rangers, and married in 2008, renewing their vows last year.

It is her husband's sporting success that, in a roundabout way, gave Jean the experience to help house-hunters find their dream home on the Channel 4 series. "As a footballer's wife I've had to move so often," says Jean, who has successfully bought, developed and sold a number of properties, including their first home in a former Chinese laundry in London's East End 18 years ago, when Jonatan had signed with Charlton Athletic. "I am so used to arriving in a new place, having to get the lay of the land, look at properties and find a home to live in. Little did I know that one day those skills would come in handy helping others to find their dream home."

A few years ago, Jean says they had thought of selling up. "I'd taken a bit of a break from my career and wasn't feeling settled. We talked about maybe we might head back south or move to Stockholm, but then Jonatan got his

(LEFT) DRESS: SELF PORTRAIT. SHOES: GUCCI (RIGHT) JEAN'S JUMPER: VICTORIA BECKHAM. JUNIOR'S JUMPER & SHIRT: RALPH LAUREN. JEANS: LEVI'S



A place with her son: Jean treasures her time at home with Junior (above) and husband Jonatan, with whom she renewed her vows in Majorca last year (below)

job as a coach with Rangers and Junior was settled in school. I fell back in love with the house and took it off the market,” says Jean, whose career also took off, with her appearance in last year’s *Celebrity MasterChef* on BBC1 and presenting stints on *Animal Park* and *The One Show*.

As much as Jean loves her work, she says: “It’s being a mum that anchors you. It’s what I always come back to. Career is a close second, but it is second. You can have both, though.”

KEEPING MUM

Jean has a brilliant support network of family and friends. “I couldn’t have my career without them. Our village has a Whatsapp group and we all help each other with pick-ups if running late. It’s a great community, and it’s also close to my mum and dad.”

Her mother is Ugandan and her father Scottish; they met when he was a teacher in East Africa in the 1970s and ’80s. Born in Kenya, Jean moved to Port Glasgow when she was one.

She believes Junior’s rich heritage, including his father’s family – Jonatan, 43, was born in Stockholm but grew up in Finland – enhances his life. “He has cousins all over the world. He is very aware that he is from lots of different places and different cultures. He’s a very international little kid.”

It is a far cry from the world Jean grew up in:

“For one thing there were fewer black or mixed-race women in TV when I was growing up... Nowadays there are many more role models for young people and that makes me very happy.”

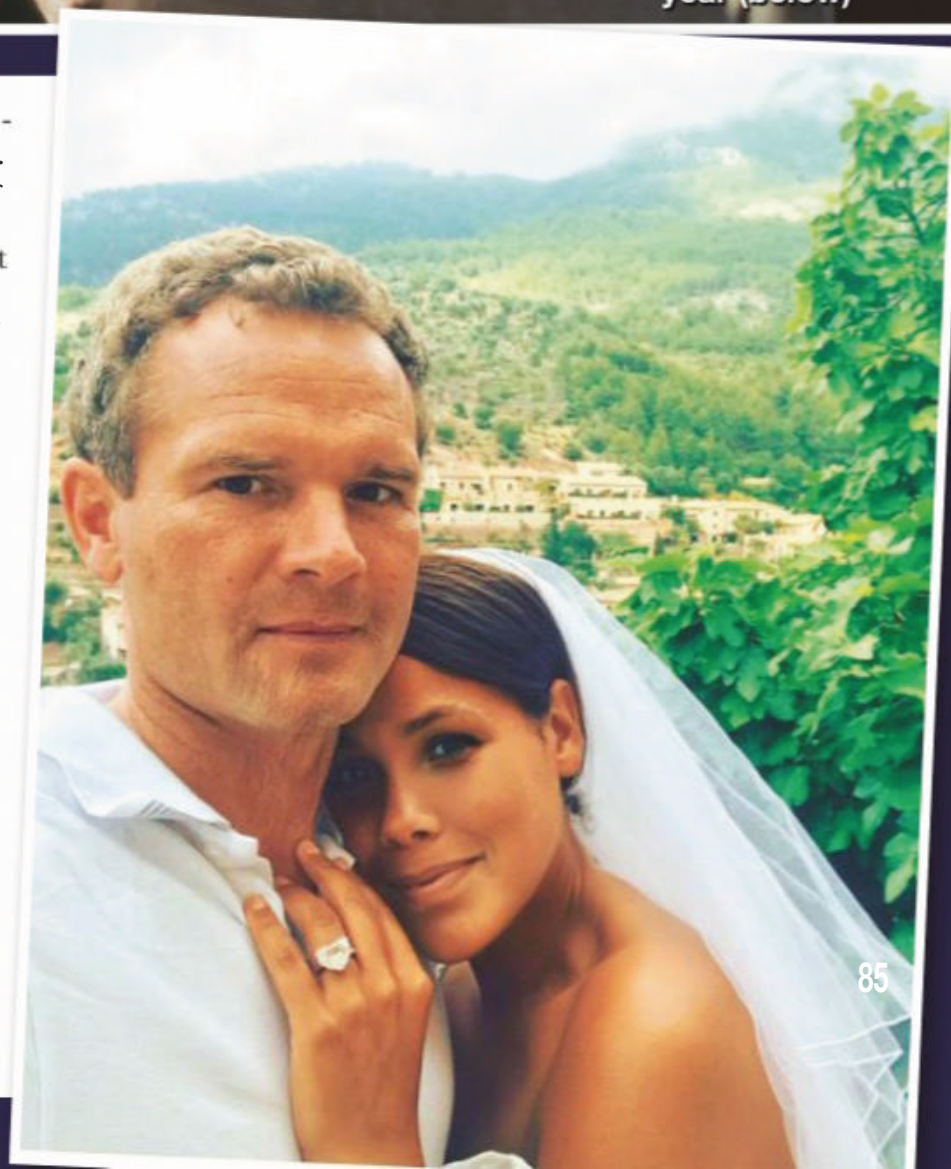
As one of seven children, did she think about having more herself? “The reality is that motherhood is really difficult. Those first few years at home with Junior were blissful and beautiful but hard work, too. So to make the decision to have another one just didn’t come to me. I am not ashamed or embarrassed to say how hard I found it. I was such a free-spirited independent woman working and travelling and the hardest thing was giving it up and being at home. I did feel cut off.”

Now, she says: “I have the perfect life. I’m home with my family and enjoy a quiet life here, and then when I’m working I’m flying away and filming.” And she hopes Junior will join her in Spain to film *A Place in the Sun* over Easter. “It’s the perfect set-up.” **H**

INTERVIEW: JANE DOWDESWELL
PHOTOS: ALISTAIR DEVINE

STYLING: REBECCA DONALDSON AT COLOURS AGENCY
HAIR & MAKE-UP: KAT McSWEIN AT COLOURS AGENCY

Jean Johansson presents A Place in The Sun, every weekday at 3pm on Channel 4.



TOGETHER FOR THE FIRST TIME

LATINA INSPIRATIONS

**EVA, GLORIA,
RITA AND ZOE
ON BEING
TRAILBLAZERS
FOR A NEW
GENERATION**

Eva Longoria Bastón
(far left) and her
“mentor”, singer
Gloria Estefan.
“She’s a pillar of a
person,” says the
actress. “She’s
family to me”

'I'm pinching myself right now. To be asked to stand among these women is a huge achievement' **Zoe Saldana**

Successful, driven and beautiful, Eva Longoria Bastón, Rita Moreno, Gloria Estefan and Zoe Saldana are four of the world's most influential Latina women, who have not only carved out extraordinary careers, but also broken down stereotypes along the way, all while raising their families.

Now these Latina powerhouses have come together for the first time in this exclusive photoshoot – and they couldn't be more delighted.

"Each one of these women is such an inspiration," says actress, producer, director and philanthropist Eva.

"I'm pinching myself right now," 40-year-old *Guardians of the Galaxy* star Zoe adds. "To be asked to stand among them is a huge achievement."

Desperate Housewives star Eva, 44, whose wedding to businessman José "Pepe" Bastón was exclusively covered in **HELLO!** in 2016, is about to win over a huge new fan base with her role in *Dora and the Lost City of Gold*, playing Dora the Explorer's mother Elena.

She also became a mum to Santiago Enrique last June and is stepmum to Pepe's four older children.

"I'm the happiest I've ever been," she reveals. "With my husband, my child and my wonderful stepchildren, we've created a beautiful family unit that has enriched life so much."

Meanwhile, almost 60 years after winning an Oscar for her portrayal of Anita in *West Side Story*, Puerto Rican actress, singer and dancer Rita, 87, is returning to the big screen in a role created for her in Steven Spielberg's updated version of the hit musical.

Also continuing to make sweet music, 61-year-old Cuban-American Gloria has new tracks coming out in May, along with her philanthropic work through the Gloria Estefan Foundation. Zoe, 40, mum to three boys – Zen and twins Cy and Bowie – with her husband Marco Perego Saldana, is a passionate advocate for Latino visibility and inclusion. And her roles in the *Avatar* and *Star Trek* franchises also keep her busy.

Here, they talk about their experiences, dreams and the women who shaped them.

You're all so successful in your chosen fields. How would each one of you describe your life right now?

Eva: "As a mother and a career woman, sometimes you have to make it work. But then I remember my mother who raised four girls, the older with special needs, and worked a full-time job but always had dinner on the table and I think: 'C'mon, honey.' So every day is a gift."

Rita: "I'm the happiest person you've ever met in your life [laughs]."

"What can I complain about? I have a wonderful career. I have my beautiful, precious grandsons Justin and Cameron. So if I get a hangnail, I'm not gonna complain about that."

Gloria: "I describe [my family life] as very busy, very fast, very rich."

"The basic word in my vocabulary is 'balance'. You can have



Puerto Rican actress Rita Moreno (on left) and New Jersey girl Zoe Saldana, whose mother was also born on the Caribbean island

'The biggest obstacle I've overcome? Being me. A native Puerto Rican' Rita Moreno

it all but not at the same time. You have to choose. I had the good fortune to be able to take my family when I went on tour. If I couldn't have, I wouldn't have done it."

Zoe: "I'm pretty swamped right now being a new mom to three rambunctious boys. I feel I'm a full-time everything. [Laughs.]"

When you started out, there wasn't support for women or minorities in the entertainment business. What was the biggest obstacle you've overcome?

R: "Being me. *Una boricua* [a native Puerto Rican]. For years, I played dark-skinned girls. Ironically, I never played a Puerto Rican but always the exotic ones – the princesses, the island natives."

"I remember, I'd hear of a part I wanted to play and I'd call my agent and tell him: 'Can you please call [the producer]?' And he'd tell me: 'I already did, but you were rejected.' It really broke my heart."

E: "I grew up in South Texas so I never saw myself as a minority. And then I moved to Los Angeles and was told I wasn't Latina enough for certain roles."

Some white male casting director was dictating what it meant to be Latina and he decided I needed an accent, or I should be darker."

G: "When we were starting out with Miami Sound Machine, they wanted to water us down. They said: 'Use less horn.'"

"But we knew you didn't have to understand the music to like it. The rhythm is gonna get you! [Laughs] So we persevered because we knew it worked."

Where do you think your strength of character comes from?

R: "I blame my

Good friends Eva and Zoe are balancing their successful careers with bringing up a family. "I feel I'm a full-time everything," says Zoe, laughing

'I couldn't afford to go to the movies so I found role models in the women in my life' *Eva Longoria Bastón*

mommy. She never gave up. She had me when she was 17. Later, she divorced my dad, which at that time, in Puerto Rico, a Catholic [island], you just didn't do.

"After the divorce, she took a ship to America. She didn't speak a word of English, but that didn't stop her. She worked in a sweatshop, saved her money and then went back for me."

E: "I grew up surrounded by strong, intelligent, educated women. My sisters and aunts all went to college, so it was instilled in me by their example. I couldn't afford to go to a movie until I was in college, so I found my role models in the women in my life."

G: "I give a lot of credit to my mother and my grandmother. My mother was a teacher in Cuba and when she left the country, they tore up her title."

"She didn't cry and I never heard her complain. Instead, she went back to school to revalidate her title so that she could work as a teacher."

What does being named a Powerhouse Latina mean to you?

R: "I'm thrilled – and to share it with these wonderful women..."

G: "I mean, Eva, Zoe and Rita – who had to overcome so much. I remember when I saw her in *West Side Story*. She became such an inspiration."

E: "It's an honour. Gloria is a pillar of a person. She has been my mentor for years. She's family to me. Zoe is my sister – our husbands are great friends and we've become inseparable. And Rita, the way she paved the way for all of us..."

Z: "[Rita and Gloria] are my giants and Eva – our friendship is based on sincere love and genuine appreciation for who she is." **H**

INTERVIEW: GISELLE BALIDO
PHOTOS: BERNARDO DORAL

Rita and Cuban-born Gloria both struggled to be accepted in the entertainment world and credit their mothers for showing them the strength of character to succeed



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HELLO!

FASHION



Hearts hoop earrings, £90, Pandora; visit pandora.net



Khaki short sleeve dress, £22.99, New Look; visit newlook.com

Adriana Lima looks cool in khaki



Adriana Lima STEAL HER STYLE

Adriana Lima looked ready for action while filming a Maybelline commercial in the SoHo district of New York. Wearing a khaki shirtdress from Dutch designer Sies Marjan, a jacquard FF-logo belt from Fendi and Alexander Wang Liya ankle strap pumps, the model added a pop of colour with her Salvatore Ferragamo Gancini mini bag. Pair with tousled hair, smoky eyes and your best catwalk strut to nail the look.



Ankle cuff heels, £49, Charles & Keith; visit charleskeith.co.uk



Dots ring, £49, Thomas Sabo; visit thomassabo.com



PVC belt, £105, Dries Van Noten, from net-a-porter.com



Embossed mini tote, £29.99, Zara; visit zara.com

Chaya earrings, £65,
Baublebar, from
harveynichols.com



Olivia
Palermo
spreads her wings
in Paris in sequin
and feather
Giambattista
Valli



Loewe

VIP Feather Hem
Dress, £130, Lipsy,
from next.co.uk



FULL PLUME

*Take style inspiration from all
things feathery. Be it an ostrich-
trimmed jumper or embellished heels,
feathers are the decoration du jour*



Sandals, £264,
L'Autre Chose,
from yoox.com



Oscar de la Renta



Richard Quinn



Marc Jacobs



Marabou jacket,
£125, Topshop;
visit topshop.com

Feather skirt,
£119, Zara;
visit zara.com



Feather bag,
£305, Loeffler
Randall, from
net-a-porter.com



*Incorporate tactile
feathers into your
eveningwear for a
head-turning look
à la Marc Jacobs,
Rochas and Loewe*

**Feather embellished satin
mules,** £510, Tabitha
Simmons for Brock Collection,
from modaoperandi.com



**Chrissy
Teigen wears
showstopppp
Marchesa to party
at this year's
Oscars**



Star mesh top, £45,
Jaded London, from
topshop.com



Candice sweater,
£240, Stine Goya,
from net-a-porter.com



HELLO!

L♥VES

HERE ARE A FEW OF OUR FAVOURITE THINGS

RAINBOW STRIPES

Live life in full colour this season with our pick of the best fashion pieces to create your spectrum of style

Confident, versatile and comfortable, the new collection from Boden is easy to dress up or down for night and day. Give yourself a lift with its bold pops of colour and statement prints created in-house in Boden's London design studio. These are style staples you'll wear again and again. Cashmere crew neck jumper, £130; Melina paperbag skirt, £80; classic trainers, £75; visit boden.co.uk





Multi stripe button dress,
£28, Next; visit next.co.uk



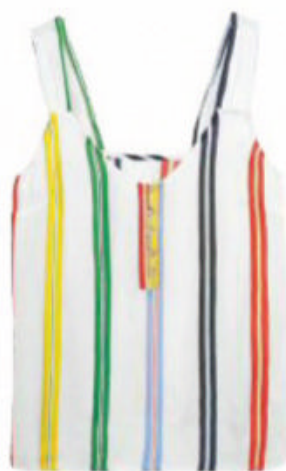
Strappy Carvico swimsuit, £195,
Paper London; visit paperlondon.com



Rainbow striped courts, £99,
Dune; visit dunelondon.com



Lolli mismatched oval drop earrings,
£19.50, Oliver Bonas; visit oliverbonas.com



Next button detail vest,
£16, Next



Diagonal strip dress, £249.95,
Madeleine; visit madeleine.co.uk



Miley shopper, £35,
Monsoon; visit monsoon.co.uk



Striped cotton T-shirt, £12.99,
Bonprix; visit bonprix.com



Pleated stripe skirt, £29.99,
Lindex; visit lindex.com



Mars rainbow striped cashmere sweater,
£295, Madeleine Thompson,
from harrods.com



Jumbo Rain Glow fan brush, £19.99,
Spectrum Collections; visit
spectrumcollections.com

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No



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* Consumer testing on 103 women. † Cheapest free. Ends 9th April. Exclusions apply. Available in most Boots stores. Subject to availability. See in store for details. Delivery charges may apply.

HELLO!

BEAUTY

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£19, from
selfridges.com
Use feather-like
strokes to fill in
gaps and define
your arch



**YSL Touche Eclat
High Cover,** £26,
YSL Beauty
Blend small dots
under the eye

**Benefit Hoola in
Caramel,** £26; visit
benefitcosmetics.co.uk
Shape the face by
shading cheekbones,
hairline and jaw



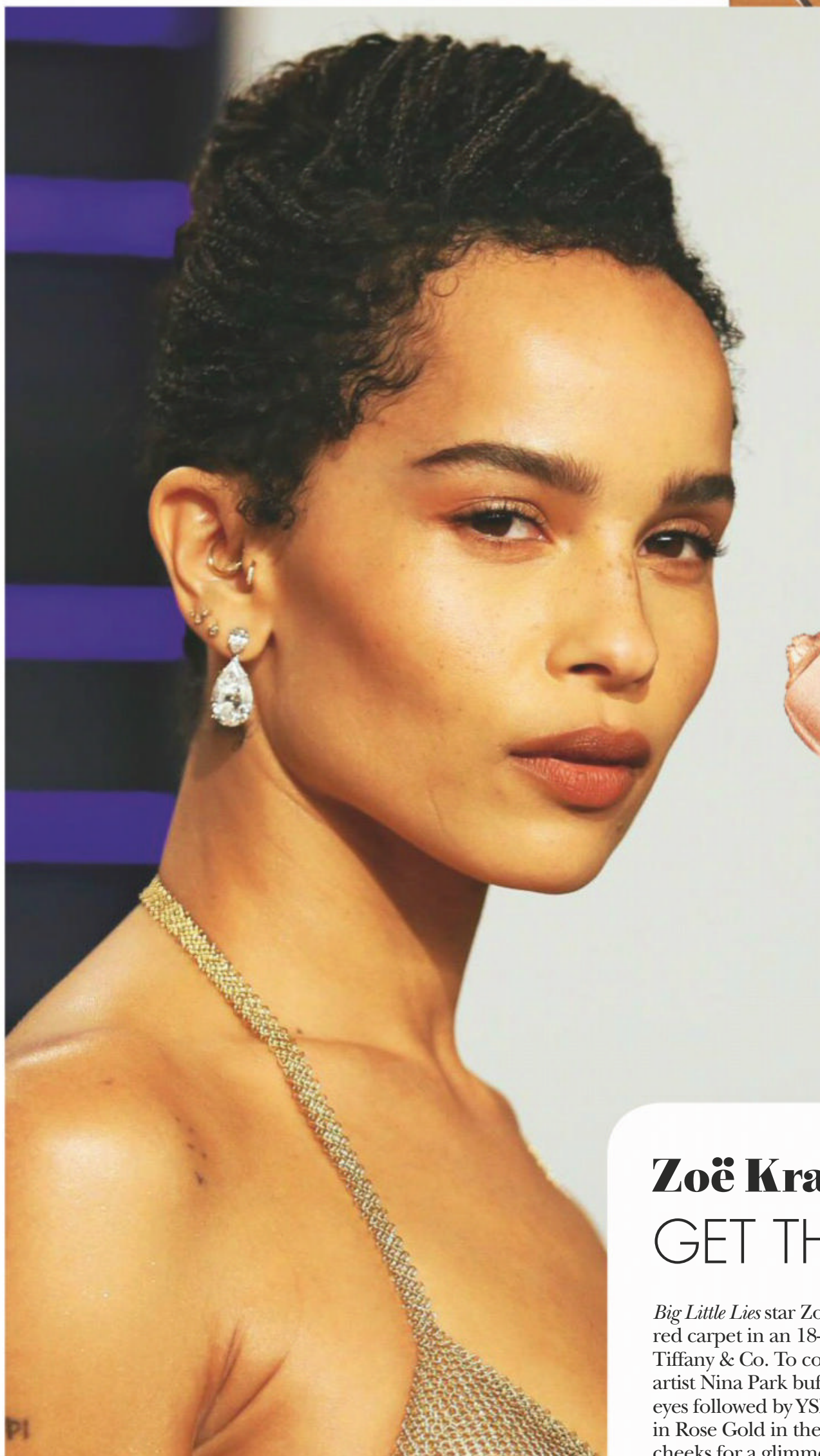
**YSL Touche Eclat
Shimmer Stick in
Rose Gold,** £27;
visit yslbeauty.co.uk



**Kiko High Pigment
Wet and Dry
eyeshadow in
Matte Sienna,**
£5.99; visit
kikocosmetics.com



**Givenchy Encre
Interdite in
Nude Spot,**
£26.50, from
debenhams.com



Zoë Kravitz GET THE LOOK

Big Little Lies star Zoë Kravitz turns heads on the red carpet in an 18-carat gold mesh top from Tiffany & Co. To complement the look, make-up artist Nina Park buffed matte orange on to her eyes followed by YSL Touche Eclat Shimmer Stick in Rose Gold in the centre of the lid and on her cheeks for a glimmer effect. A defined brow, tonal lip and warm bronzer brings the look together.



THE GLOW OF SUCCESS

Miranda Kerr speaks exclusively to HELLO! about stepping back from modelling, her hit organic skincare line and how she's balancing life as a working mum

At the start of our call, Miranda Kerr asks: “Did you receive the Kora products?” In Brentwood, California, where she lives with her husband Evan Spiegel, the co-founder and chief executive of Snapchat, it’s 2pm and their 11-month-old son Hart has woken up from his nap. “Sorry, can you hear me? I’m doing lots of calls and meetings from home at the moment because I want to be around for him. It’s pretty funny having him sit in on cash-flow meetings – but I think it’s important that my kids see Mummy working.” She also has an eight-year-old son, Flynn, with her ex-husband, actor Orlando Bloom.

Miranda, who turns 36 this month, became a Victoria’s Secret Angel in 2007. Now she’s moving from model to purveyor of organic skincare products. Kora Organics has finally launched over here in Space NK. And the former face of Maybelline is keen to demonstrate her encyclopedic knowledge of the ingredients, their provenance and how they’re distilled. It’s obvious this is a labour of love for the Sydney-born beauty.

So how did her brand come about?

“It was in 2006 when I was living in Australia. I had been studying nutrition and was starting to eat organic. At the time I was using Dr Hauschka, a line of natural skincare products, because I couldn’t find a brand that was certified organic. Some brands used just one organic ingredient and claimed the product was organic. A friend put me in touch with an aromatherapist, who made amazing organic blends – and she connected me with a lab.

“In the beginning I was really just creating products for myself and my family and friends. Actually, my mum was taking steroid cream for rosacea at the time and one of my samples cured her skin. She was like: ‘Miranda, you need to get these products out there.’”


Three years later, in 2009, Kora Organics launched in Australia. “As well as meeting the Ecocert standard [a worldwide organic certification], I wanted all the products to be filtered through rose quartz. Some of the manufacturing vats contain a big chunk of the crystal – and the eye oil comes with a rose quartz rollerball.”

CRYSTAL CLEAR

Miranda has been carrying rose quartz crystal with her for years. All crystals have their own energy, she says; rose is nurturing and soothing, which helps keep her grounded. She mentions Cleopatra, who’s said to have bathed with chunks of rose quartz as she believed it had anti-ageing benefits. “For me, rose quartz was a way to infuse the formulations with love and add a bit of magic to break up the monotony of applying products.”

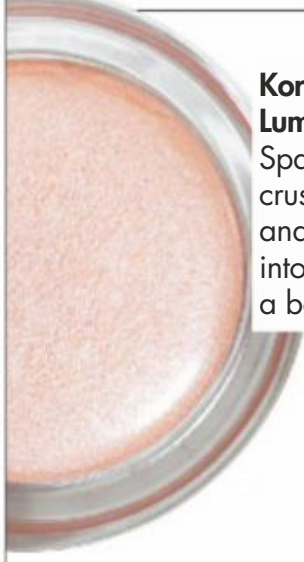
Noni fruit is also a key ingredient across the range. “It’s a superfood that my grandma introduced to me when I was 13.” The fruit is celebrated in Polynesian culture for its perceived medicinal properties and when Miranda was growing up she applied its juice to treat sunburn or eczema. “It contains powerful antioxidants and it’s anti-inflammatory – I’ve seen its benefits first-hand.”

Miranda’s fashion friends rate it too. “Everyone is obsessed with the Noni Glow Face



Kora Organics Turmeric Brightening and Exfoliating Mask, £43, from Space NK. “I got pigmentation when I was pregnant with both my boys and this has been really effective in dealing with it”

MIRANDA'S MUST-HAVES



Kora Organics Clear Quartz Luminizer, £25, from Space NK. “This contains crushed rose quartz powder and coconut oil – it melts into your skin and gives you a beautiful highlight”



Kora Organics Noni Radiant Eye Oil, £34, from Space NK. “The soothing rose quartz rollerball helps to de-puff and a natural retinol targets fine lines”



Kora Organics Noni Glow Sleeping Mask, £43, from Space NK. “Natalia Vodianova loves this brightening treatment”



Kora Organics Heart Chakra Aromatherapy Oil, £43, from Space NK. “A beautiful blend of rose, sandalwood and ylang ylang. I apply it to my pulse points. It’s like getting a warm hug”

Oil. Lily Aldridge uses it all the time – and Jasmine Tookes. Diane von Furstenberg loves the Noni Glow Body Oil – she writes me an email almost every week saying it’s her favourite. Natalia Vodianova uses it too – actually, I need to send her another Noni Glow Sleeping Mask. And Alessandra Ambrosio uses the Heart Chakra Aromatherapy Oil. It’s pretty incredible to know that these people genuinely love my products – and they could use any product in the world.”

Having built up a loyal fan base, Kora launched in the US and Canada two years ago. “Sephora [the chain of beauty stores] wanted it sooner but expanding into another market was a huge leap of faith for me. Plus, I wanted to grow the business slowly and organically because it’s self-funded.”

Miranda is at pains to point out that it’s not bank-rolled by her 28-year-old, self-made billionaire husband. “I didn’t want him involved because this is my thing. I own 95% of the company and a silent investor from Australia, who has been on board since the beginning, owns 5%.”

But Miranda says Evan did give her the confidence to step back from modelling and invest her time and energy in her business: “He was like: ‘Why are you running around promoting all these brands for other people when you’re sitting on an incredible product?’ My modelling career has enabled me to fund

‘It’s a luxury to work on a skincare line I love and still be home at dinner times and put the boys to bed’

my company, and I still do a bit here and there, but I know I have to put my all into my business now in order to get a return.”

Scaling back also means she can drop Flynn off at school and pick him up. “It’s the biggest luxury in the world to be able to work on a skincare line I love and still have that work-life balance where I can be there at dinner times and put the boys to bed.” And it marks a huge shift since 2011, when Miranda made headlines by returning to the Balenciaga catwalk two months after giving birth to Flynn. “I didn’t think anything of it at the time. But looking back now, I’m like: ‘Wow! How did I do that?’”

Kora’s company ethos is very much centred around working mums. “Everyone knows family comes first,” says its founder. “I encourage our mums to bring their babies into work or work from home – it’s important they have that flexibility.”

And with that, Miranda has to finish the call so she can feed baby Hart – and post that Noni Glow Sleeping Mask to Natalia.

She gives us her personal email insisting we contact her directly with product queries. “And try the Turmeric Brightening and Exfoliating Mask before you go to bed,” she suggests. “Your skin will be glowing in the morning.”

Miranda Kerr’s certified organic brand Kora Organics is available in Space NK stores nationwide and from spacehk.com.

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LIFESTYLE

FOOD | CULTURE | REVIEWS | TRAVEL



STACEY'S FREE CHOICE

If you desire sweet things but need to make diet changes, reality TV star Stacey Forsey offers recipes free from gluten, dairy and eggs. She talks exclusively to HELLO! about her own battle to good health



QUINOA & OAT PORRIDGE WITH ROASTED PLUMS & PISTACHIOS

Serves **2** Preparation time **15 minutes** Cooking time **10-12 minutes**

"I am a huge fan of a delicious bowl of porridge in the morning as it's so filling and sets me up perfectly for the day ahead. The chia seeds add texture and nutritional goodness and the plums give extra sweetness."

INGREDIENTS

- 2 ripe organic plums, cut in half and stones removed

- 1 tbsp organic maple syrup
- Pinch of ground cinnamon
- 30g/1¼oz organic quinoa
- 100ml/4fl oz water
- 50g/2oz organic gluten-free oats
- 100ml/4fl oz organic oat milk
- 2 tbsp organic honey
- Pinch of ground nutmeg
- Pinch of Himalayan salt
- 30g/1¼oz pistachio kernels

1. Preheat the oven to 180°C, 350°F, Gas 4 and line a baking tray with baking parchment.

2. Put the plums onto the baking tray, skin-side down, then pour over the syrup and sprinkle with cinnamon. Bake in the preheated oven for 10-12 minutes.

3. Meanwhile, put the quinoa and water in a small pan, bring to the

boil and cook on a medium/high heat until the quinoa is almost cooked and the water has reduced. Add the oats, milk, honey, nutmeg and salt and cook on a medium heat until the oats are cooked.

4. Pour into 2 warm bowls and top with the plums, pouring some of the syrup on top. Sprinkle with pistachios and serve. ▶

Probably best known as one of the stars of TV's reality show *The Real Housewives of Cheshire*, mum of two Stacey Forsey has used her own experience of living with food allergies to create her first cookbook, *Scrumptious Sweet Treats*. Away from the spotlight, Stacey works for the charity Child Bereavement UK, raising money through selling her much-loved artworks. She continues to work with CBUK alongside Action on Addiction and homeless charity Coffee4Craig.

Stacey, your book is written from a home cook's perspective. How did it come about?

"After being very ill for years with symptoms such as terrible abdominal cramps, bloating, hair loss, very low mood, lethargy, brain fog and terrible wind, I went to the doctor and was told I had IBS. I wasn't happy with this diagnosis and sought the help of a nutritionist. After several expensive tests we discovered I had candida and sibo, basically an overgrowth of unhealthy bacteria in my intestine that had caused 'leaky gut', where the bacteria attaches to the lining of the gut wall and eventually perforates it. My gut was extremely toxic and I was left with food allergies and intolerances.

"I began to research more about gut health and the symptoms of an imbalance of good and bad bacteria, its side effects and impact on the body. I was able to identify that my daughter and mother had some form of gut-related issue. My daughter couldn't tolerate gluten, dairy and eggs and nor could I. What could we eat?

"We struggled most with sweet foods. There were options out there, but never excluding all three ingredients of gluten, dairy and eggs. I wanted people who are having to make diet changes due to health reasons, or choice, to know that it can be done. I was on a mission to learn to bake

with alternative ingredients and sought the help of a friend who is chef."

Any tips for people new to living with/cooking for intolerances and allergies?

"Firstly, try to embrace your new way of eating. There are so many alternative ingredients now. Make sure you have everything you need to replace the foods you can't have. Be open-minded – some alternative foods may not be to your liking now, but will taste nicer the longer you miss out on the original food. You need to be organised and plan ahead and get used to reading labels. Your food doesn't have to be tasteless and without texture – times are changing and food using alternative ingredients is getting tastier."

'I'm a great believer in balance in all aspects of life. We should all be able to enjoy a tasty sweet treat'

There's increased awareness of food allergies and intolerances, but also an increased number of sufferers. What do you put this down to?

"We are talking much more about good gut health as well as depression and mental health. When my gut wasn't functioning properly, my mental health was definitely compromised. Stress and anxiety can in turn cause low immunity, suppressing healthy bacteria levels in the gut.

"Or is it that the food we now eat is processed differently? Or is it that we are taking antibiotics more freely, or the levels of pollution are suppressing the healthy gut bacteria? An unhealthy gut can then affect our mental state



– such a vicious circle and I really don't know the answer..."

Do you have go-to alternative ingredients?

"Yes. I use buckwheat flour and rice flour to replace normal white flour. I use flax meal, xanthan gum, apple sauce and many more ingredients to replace egg; coconut oil to replace butter; and natural sweet alternatives such as medjool dates, agave nectar, honey and maple syrup to replace refined sugar."

Your book solely features sweet treats. Why do you think this is something we all need in our lives, even if living with intolerances?

"I like to be healthy most of the time, but now and again I like a treat. My daughter should be able to have a treat too. Gluten, dairy and eggs, along with nuts and shellfish, are the main food groups that most people are intolerant or allergic to. I noticed that all sweet food is made with flour, butter, eggs and sugar, which ruled out my daughter or myself ever having a treat again. I could never find a sweet dessert that had all four ingredients missing and still tasted nice. I realised that so many people are in the same situation and we should all be able to have a good, old-fashioned classic sweet treat or snack that tastes really good."



BREAKFAST PANCAKES

Makes **4 thick or 8 thin pancakes** Preparation time **10 minutes**
Cooking time **20 minutes**

"This recipe is based more on American-style pancakes, but if you increase the amount of milk, which thins the mixture, you can make bigger and thinner pancakes."

INGREDIENTS

- 100-150g/4-5oz organic gluten-free oats
- 1 tsp gluten-free bicarbonate of soda
- 1 tsp lucuma powder
- 1 tsp vanilla extract
- 2 tbsp agave nectar
- 1 tbsp vinegar
- 1 banana
- 1 tsp organic coconut oil, melted, plus extra for frying
- 250-300ml/9-11 fl oz organic vanilla almond milk

1. Put the oats in a blender or food processor and blend until they have the consistency of flour.

Add the bicarbonate of soda and the lucuma powder and combine.
2. Add the vanilla, agave nectar, vinegar, banana and melted coconut oil to the dry ingredients, then whisk together.

3. Gradually add the milk to the mixture, mixing in bursts until it forms a batter that coats the back of a spoon.

4. Preheat a large non-stick frying pan on a medium to high heat and add ½ tsp of coconut oil. Spoon some batter into the pan and turn the heat down to medium. Cook until bubbles start to form in the mixture – around 2 minutes.

5. Use a wide spatula to gently flip the pancake over and cook for a further 2 minutes.

6. Put on a lined baking tray in the oven at 150°C, 275°F, Gas 1 to keep warm while you cook the rest of the pancakes in the same way.



‘Yes, you can also eat the rose petals – I promise that they taste great’

LEMON ROSE WATER CHEESECAKE

Serves **6-8** Preparation time **30-35 minutes, plus soaking and chilling**

“The first time I made this, I indulged far too much – it is so creamy, yet also lovely and light.”

INGREDIENTS

For the base

- 250g/9oz homemade biscuit crumb (see below for recipe)
- 30g/1¼oz organic coconut oil, melted

For the filling

- 125g/4½oz organic macadamia nuts
- 125g/4½oz organic cashew nuts
- 250g/9oz organic coconut cream (I like Biona’s)
- Juice of 5 organic lemons
- 175-200ml/6-7fl oz organic honey
- ½ tsp rose water (you can buy this from any large supermarket)
- 50g/2oz organic coconut oil, melted

To decorate

- Rose petals, rinsed and dried (optional)

1. Line the base and sides of a 20cm/8in springform cake tin with baking parchment.
2. Mix the biscuit crumb with the melted coconut oil and press into the cake tin. Chill in the fridge.
3. For the filling, put the macadamia and cashew nuts in a heatproof bowl and cover with boiling water. Soak for at least 30 minutes, then drain completely.
4. Put all the ingredients except the coconut oil into a blender or food processor and whizz until smooth. Mix in the coconut oil, then pour the mixture into the prepared tin and leave to set in the fridge – overnight is best.
5. Scatter with the rose petals, if liked, and serve.

FOR THE BISCUIT CRUMB

INGREDIENTS

For the dry ingredients

- 40g/1½oz organic brown rice flour
- 25g/1oz organic buckwheat flour
- 20g/¾oz arrowroot
- ½ tsp organic baking powder
- ¼ tsp organic xanthan gum
- 2 tbsp organic gluten-free cornflour (I like the one from Doves Farm)
- 4 tbsp organic coconut sugar
- 20g/¾oz organic gluten-free oats

For the wet ingredients

- 20g/¾oz unsweetened apple sauce
- 1 tsp vanilla extract
- 1 tbsp organic honey
- 2 tbsp organic oat milk
- 50g/2oz organic coconut oil



AWAY WITH THE DAIRIES

Stacey Forsey’s debut cookbook, *Scrumptious Sweet Treats*, (£20 hardback, Zef Publishing) is a collection of classic sweet and comforting recipes reinvented without gluten, dairy and eggs. To buy the book, or for more on Stacey’s art and charity work, visit staceyforsey.co.uk.

1. Preheat the oven to 180°C, 350°F, Gas 4 and line a large baking tray with baking parchment.
2. Put all the dry ingredients in a large bowl and whisk to combine.
3. Put all the wet ingredients into a small bowl and mix fully.
4. Add the wet ingredients to the dry mixture and combine into a dough. Spread flat on the lined tray and bake in the oven for 10 minutes. Remove from the oven and use a fork to break up the surface to start to form a crumb. Return to the oven and repeat the process until all the mixture is lightly golden brown.
5. Remove from the oven and leave to cool fully.
6. Put the mixture in a food processor and pulse until an even crumb. Store in a dry, airtight container for up to 1 month.

DUNCAN JAMES

FRANK TALKING

The Blue star talks about taking on an outrageous and iconic stage role and getting make-up tips from his teenage daughter

With a sparkling career that has seen him star in London's West End and play sold-out arenas as one quarter of popular boyband Blue, Duncan James is no stranger to the stage. But one thing makes the bright lights extra special – he shares his passion for performing with his daughter.

"Her diary is busier than mine," Duncan tells **HELLO!** of 14-year-old Tianie-Finn, who attends the Royal Ballet School and has already appeared on stage at the Royal Opera House in its annual festive production of *The Nutcracker*.

"I'm so proud of her. She comes to see me in my shows and she gets it because she's in that world, too," adds the

40-year-old former star of Channel 4 soap *Hollyoaks*.

"Last Christmas, I was doing pantomime and she was starring in *The Nutcracker*. We FaceTimed each other in our dressing rooms while doing our make-up at the same time," smiles Duncan. "We were giving each other make-up tips."

Tianie-Finn will get the chance to see her dad dressed up again because Duncan has stepped into the high heels of sweet transvestite scientist Dr Frank-N-Furter for the latest UK tour of *The Rocky Horror Show*, with *Strictly Come Dancing* professional Joanne Clifton as Janet and fellow boyband star Ben Adams (formerly of A1) as Brad.

"It's an incredible part and I'm really excited to play it," says the Salisbury-born star, adding that he's a "huge fan" of the original film.

"When I was a child, *Rocky Horror* was that film I wasn't

allowed to watch because I was too young. Of course, that just made me want to watch it more.

"I was 13 the first time I watched it and I remember thinking: 'Oh my God, this is amazing.' Seeing a man dressed as a woman back then was quite unspoken."



'I wasn't allowed to watch "Rocky Horror" when I was a child. Of course, that just made me want to watch it more'



Camp rock: Duncan is thrilled to step into the high heels of Dr Frank-N-Furter in *The Rocky Horror Show* (left). "It's an incredible part and I'm really excited"



One love: Duncan on stage with bandmates of 20 years Antony Costa, Simon Webbe and Lee Ryan in Singapore last month. "We've got a lot of love and respect for each other," he says

Duncan, who performed his first shows last week, shares his new role with stage stalwart Stephen Webb and is looking forward to putting his own spin on the iconic character. "I have created my own version of Frank and it's very different to Stephen's version," he says.

Duncan is also excited to be touring the country now that he has left *Hollyoaks*. His role as serial killer policeman Ryan Knight won him two nominations for best newcomer in 2017 at the National TV Awards and the British Soap Awards – before his character met a watery end on screen.

"I've spent the last 18 years living out of a suitcase and I love it. I'm not a homebody at all."

Besides, Duncan has plenty of people to keep him company on the road. As well as visits from his mum Fiona and daughter, Duncan has also been joined by famous friend Alexandra Burke. They got to know each other when the star of *The X Factor* played Roxie Hart opposite his Billy Flynn in the West End revival of *Chicago* last year.

"Alex has become one of my best mates," smiles Duncan of the his new pal, who cheered him on during his *Rocky Horror* debut.

BAND OF BROTHERS

But Duncan hasn't entirely said goodbye to his pop star days. He recently returned from a tour to Australia, New Zealand and South-East Asia along with the rest of the boys in Blue, Simon Webbe, Lee Ryan and Antony Costa.

"We had such fun and had a big party night in Kuala Lumpur – it was the first time in ages that we all went out together," Duncan says.

But the star says he now needs to hit the gym to get in shape for *Rocky Horror*. "I drank too much beer and I didn't work out while I was away," he says. "I need motivation. Some of the guys in the cast are in great shape so I've asked them to take me to the gym with them."

Next year, the Blue foursome will mark two decades in music. Is there a secret to their enduring bond?

"We're just so lucky that we all get on so well. We've got a lot of love and respect for each other," says Duncan. "Our journey has been a roller-coaster ride. We've had huge highs and huge lows but it has kept us humble. We've been able to help and understand one another and it has strengthened our bond."

While they haven't discussed how exactly they will commemorate their 20th anniversary, Duncan assures us: "I'm sure we'll do something amazing."

INTERVIEW: EMILY HORAN

Richard O'Brien's *The Rocky Horror Show* is touring the UK until 2 November. For tickets and venues, visit rockyhorror.co.uk.

DON'T MISS THIS WEEK...

TELEVISION

BRITAIN'S GOT TALENT

Presenting duo Ant and Dec reunite to host *Britain's Got Talent*. The pair (right, with ITV2 spin-off show host Stephen Mulhern and judges David Walliams, Amanda Holden, Simon Cowell and Alesha Dixon) take the reins as acts showcase weird and wonderful talents to try to win £250,000 and a spot at this year's Royal Variety Performance.

Starts on ITV on 6 April at 7.15pm.



BOOK NOW

HAMPTON COURT PALACE FESTIVAL

Kylie Minogue and disco king Nile Rodgers lead an all-star-line-up at Henry VIII's former home from 6 to 22 June. They're joined on stage at the historic venue by Busted, Jools Holland and Caro Emerald. Picnics and fireworks are the perfect accompaniment.

Visit hamptoncourtpalacefestival.com.

FILM

SHAZAM!

Streetwise Billy Batson is no ordinary kid. He can turn himself into a grown-up superhero simply by shouting: "Shazam!" But his alter ego (Zachary Levi, right) and his new powers are soon put to the test by evil Dr Thaddeus Sivana (Mark Strong). A high-energy family film perfect for an Easter outing.

In UK cinemas from Friday 5 April.



DOCUMENTARY

THE CASE AGAINST ADNAN SYED

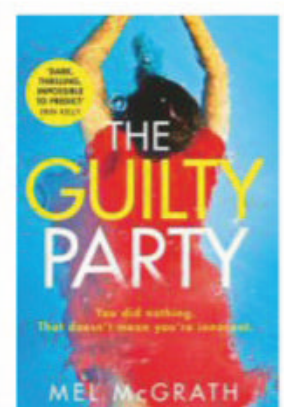
In the wake of hit podcast *Serial* comes this gripping four-part documentary about the 1999 disappearance and murder of 18-year-old high school student Hae Min Lee and the conviction of ex-boyfriend Adnan Syed (left). Directed by Oscar nominee Amy Berg, it covers the case from the original police investigation to today, with Adnan still fighting to win a new trial.

On Sky Atlantic from 1 April.

BOOK THE GUILTY PARTY

When four friends see a stranger in trouble on a night out in London, they decide to do nothing to help. But when a body later washes up on the banks of the River Thames, the quartet realise that they should have done more. But why did they refuse to get involved? Lots of twists and turns in this toxic thriller by Mel McGrath.

Out now, published by HQ.



STAR ESCAPES

When you truly want to get away from it all, these sun-drenched Indian Ocean islands offer the very picture of paradise

Maldives

STAY

Set in the Maldives' Unesco-protected Baa Atoll, the island resort of Soneva Fushi is a castaway fantasy – somewhere you'll kick off your shoes upon arrival, then not give them another thought. Here, ravishingly rustic villas (1) nestle in lush, jungly surrounds that tumble down to the Indian Ocean. Inside you'll find gauze-draped beds; outdoors there are hand-woven hammocks and dewdrop-shaped saltwater pools. With rickety bicycles to borrow, a spectacular house reef, tennis courts and an impressive observatory for stargazing sessions, it's a dream come true for couples and families alike.

TASTE

Soneva Fushi's lunch feasts are best enjoyed on your villa's shady terrace to the soundtrack of lapping waves. Come last light, cycle across to ocean-gazing Out of the Blue for delicious Indonesian cuisine, grilled meats and seafood (2). Or snag a treetop table at Fresh in the Garden, where much of the menu has been plucked straight from its own vegetable beds.

Afterwards, head to the ice cream parlour for a scoop of cacao-nib-sprinkled lemon basil sorbet.

INDULGE

At the resort's Six Senses Spa, ease yourself in with a breath-awareness session before one of the tempting treatments. The Island Kaashi ritual uses coconut to banish rough skin, while the hour-long Shirodhara, using warm oil, is a stress-melting marvel.

EXPLORE

From snorkelling with reef sharks and manta rays to freediving and paddleboarding, the atoll's aquamarine shallows (3) offer heaps of watery pursuits, but the resort's overall idea is to embrace a somewhat slower pace. You'd struggle to find lovelier swathes of sand to loll on, the lavender-hued sunsets are stupendous, and when darkness falls you can settle in at alfresco Cinema Paradiso – box of popcorn in hand – for screenings of old-school classics beneath a blanket of stars.

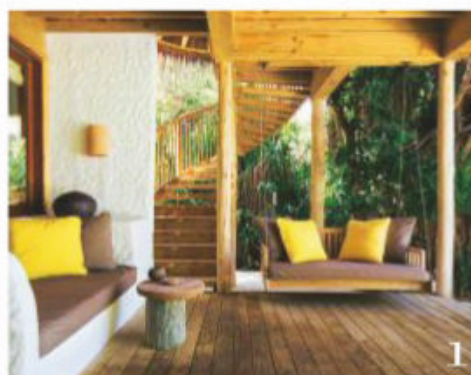
WHAT TO PACK

Organic string bag, £5, Turtle Bags; visit turtlebags.co.uk

Kiehl's Ultra Light Daily UV Defense Aqua Gel, £28; visit kiehls.co.uk

Multi diagonal stripe bikini top and bottom, £105 each, Asceno; visit asceno.com

Irina Shayk loves the seclusion and peace of the Maldives



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